

Executive Coach Profile



Fran Berry

- Founder and Managing Director, Alive & Kicking Solutions
- Masters in Applied Coaching with Neuro-linguistic Programming
- BA in Organisational Training & Development and Educational Psychology
- ICF Advanced Diploma of Coaching
- MBTI, iWAM and Extended Disc Accredited Profiler

About Fran

An early interest in Human Psychology and behaviour resulted in Fran starting Alive & Kicking Solutions in 1998. Her aim was simple - to positively transform lives by educating the world about the importance and necessity of the skills of human connection in business and in life.

Fran is a human behaviour specialist who supports her clients to build awareness of their behavioural impact and guides them to achieve constructive leadership styles which in turn build engaging climates and high performance relationships with all key stakeholders.

Areas of Expertise

- Communicating vision and achieving buy-in for strategic initiatives
- Increasing low employee engagement / motivation
- Improving training transfer and ROI
- Challenging ineffective leadership styles

Fran's Approach

Fran is an expert at creating high impact coaching relationships that focus on issues based in real business needs.

Her approach allows for safe practice, considered application & objective review of behaviours. Fran ensures you gain confidence and control over your behavioural impact.

Fran's 32 years of leadership and business experience gives clients confidence in lifting their skills and focusing on their business outcomes, such as:

- Personal and professional development
- Increasing business acumen
- Enhancing decision making
- Balancing risk mitigation with objective achievement
- Propel leadership capabilities to greater levels

Contact Fran

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"Coaching will help your people to drive the results your business needs."

Executive Coach Profile



Beth Nurnberger

- Principle Consultant, Alive & Kicking Solutions
- ICF Advanced Diploma of Coaching
- Graduate Diploma in Education
- BA in Communication Arts
- Accredited NLP Practitioner
- mBIT Trainer and Coach
- MBTI, iWAM and Extended Disc Accredited Profiler

About Beth

Beth has over a decade of experience coaching and developing executives and high potential talent across Australasia and the Asia Pacific. With a keen interest in Physical and Mental health, in her previous career, she trained as a Police Officer with the WA Police, serving in Kalgoorlie.

Beth has worked with West Australian government, non-government and corporate companies with both individuals and leadership teams to support them to achieve sustainable high performance through their behavioural impact. Her deep understanding of the importance of linking coaching and training to organisational priorities ensure she works closely with all stakeholders to achieve this.

Areas of Expertise

- Directing team members to achieve financial and strategic objectives
- Effective management of inappropriate behaviour and attitudes
- Managing performance and deliverables
- Rigidity and inflexible behaviour
- Eliminating micro management

Beth's Approach

Working with emerging and experienced leaders across all levels of business acumen, Beth focuses on communication and behavioural enhancement to assist clients lift their performance skills and apply world best management practice.

Beth is highly competent in developing personal and professional coaching plans with participants based on organisational objectives and capability requirements such as:

- Shifting mindsets quickly
- Holding people accountable and helping managers have difficult conversations
- Helping people overcome obstacles that are preventing results
- Practical application of theory and concepts learned in training

Contact Beth

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'Coaching is intensely personal so the learning process must be challenging, rewarding and also enjoyable.'