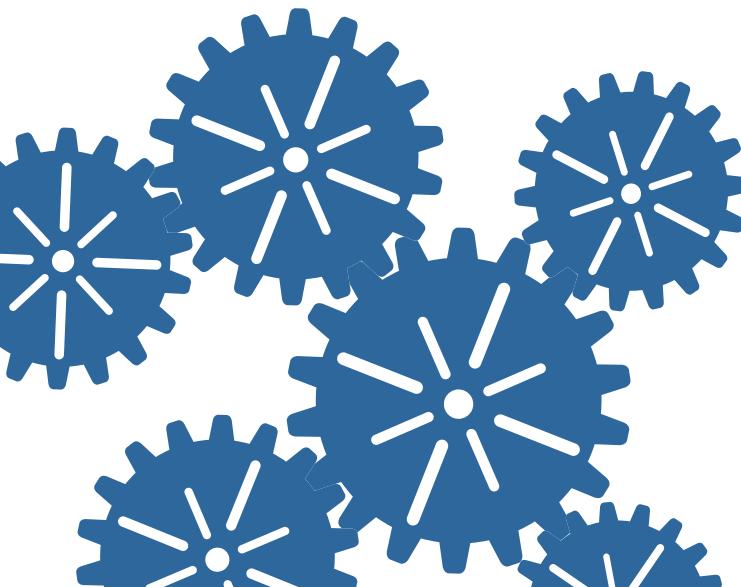


Jodie Cooper

Bringing the power of positive
psychology to business people



a Warilla Beach, NSW, 2528
e jodie@jodiecooper.com.au
t @happycooper

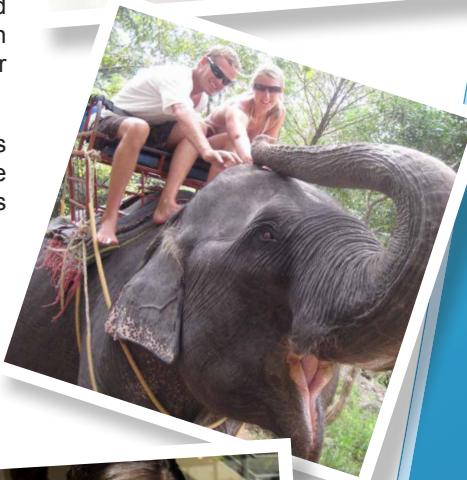
p 0409 224 303
w www.jodiecooper.com.au
f Jodie Cooper Coaching & Public Speaking

About Jodie Cooper

Exceptional businesses need exceptional people, and Jodie Cooper's business is around developing exceptional people. Jodie will help your leaders to thrive, create synergy within your business and support your team on its path to success!

Over the last eight years Jodie has studied positive psychology, happiness and coaching extensively. Jodie gives business people the tools of positive psychology so they can succeed at work and flourish in their personal lives. Success to Jodie Cooper is living each day to its fullest and making every moment count. This includes her personal life and her career as a speaker and coach.

If you're looking for a presenter who practices what she preaches then you've come to the right place. Jodie has created the life she once dreamed of, balancing a thriving Positive Psychology business with being a loving and fun Mum to her two young children.



JODIE'S ~~TO DO~~ LIST ^{done}

- Be me and be happy
- Hike the Kokoda Trail in PNG
- Write a book: 'Bringing Happiness Home'
- Snowboard, ride, climb and fish
- Diploma of Positive Psychology
- Graduate as an Officer in Army Reserve
- Raft and trek in Nepal
- Commerce Degree at Wollongong Uni
- Bring the power of positive psychology to business people

Positive Psychology & Mindset Coach

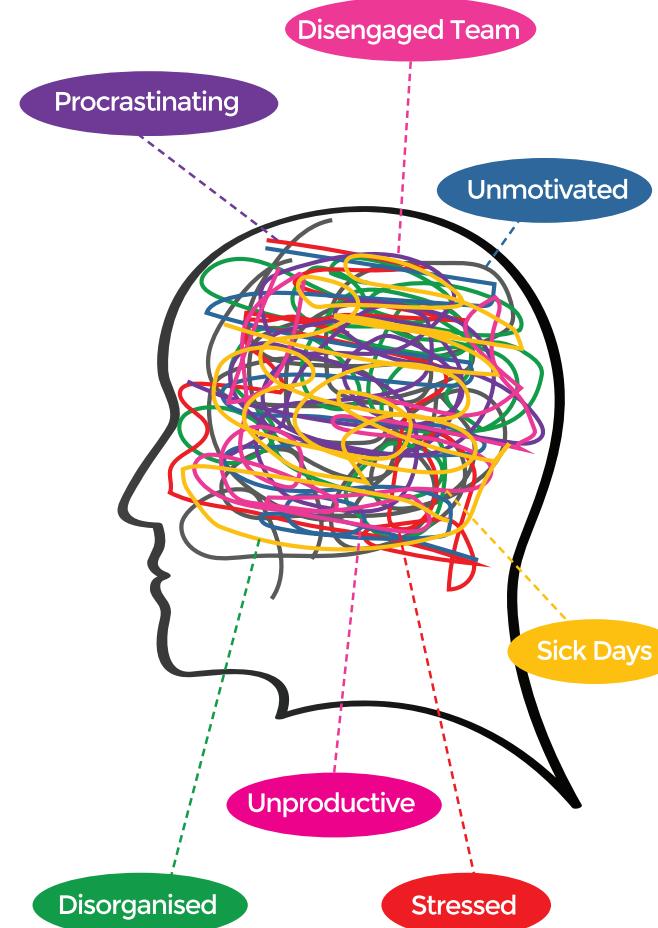
Executive Coaching

For managers of both large and small businesses to improve personal productivity, develop a positive mindset and create work / life balance.

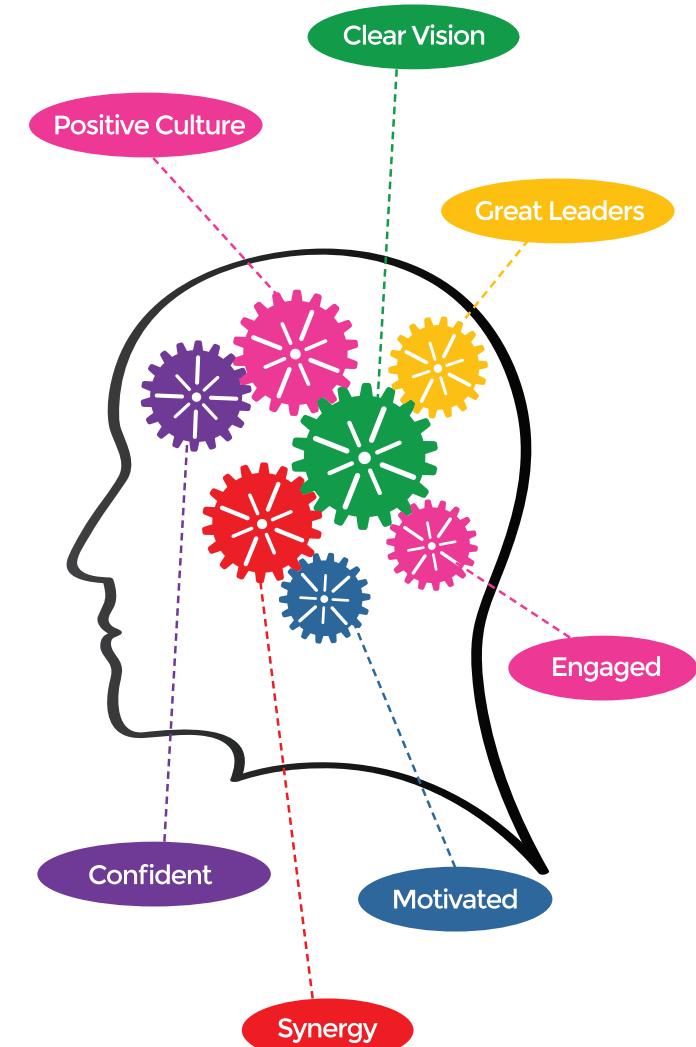
Sessions spread over 6 months will cover everything you need to set your business up to thrive. The changes, when you begin putting them into practice in your business, are truly remarkable.

Your work life will become streamlined and efficient. You will feel engaged and focused and you'll be in a position to really enjoy the challenge of business again!

Take your business from this... to this!



"Workplace mental health and stress costs Australian businesses \$10.9 billion / year through absenteeism, reduced productivity and compensation claims."
(PriceWaterhouseCoopers 2014)



"The return on investment for coaching initiatives are between 7 – 49 times the initial investment." (PriceWaterhouseCoopers 2014)

Jodie talks about

Jodie's presentations are tailored to your organisations needs and 2 hours in length. They are interactive, engaging and fun and will provide new insights, techniques and experiences to improve the business and empower your team.



Developing a positive culture

Positivity is core to creating a successful and productive team. Learn what makes a positive culture and how to bring these elements together within your team. You'll quickly notice not only more positive people, you'll also see a positive impact on the bottom line.

- Regain positivity and focus
- Develop sustainable motivation
- Recreate Work / Life Balance



Creating a positive vision

Every organisation needs a vision to be able to inspire its team and pursue its core objectives. Learn not only to create the vision, but set up a system within your team to get the vision into the 'To Do' list.

- Build the 5 year vision
- Develop personal and business objectives
- Engage and inspire the team

Building positive leaders

Positive leadership and strong communication are key to developing productive and successful teams. Learn emotional intelligence strategies with your team and change the team dynamic into something very positive!

- Bring out the best in your leaders
- Recognise and nurture strengths
- Revolutionise meeting productivity



"Regain positivity and focus"

The mindset of personal efficiency

Learn new and proven techniques to improve personal efficiency and corporate productivity. Willpower is key to becoming an exceptional performer at work and in life. Learn to tap into the potential of your brain and really accelerate success!

- Boost team productivity
- Organise your mind and your space
- Develop a growth mindset

Cultivating corporate harmony

Mindfulness is the antidote to stress, learn how to utilise your mind and become more effective and resourceful than you've ever been! Enhance productivity, reduce stress and harness the ability to focus anytime, anywhere on anything.

- Learn stress management techniques
- Develop resilience in challenging times
- Build a positive and productive environment

Speaking with confidence

Eliminate fear, harness passion and tap into the potential of your executives to make a difference. Give your leaders the ability to really communicate to their stakeholders and empower the team to connect to their passion.

- Learn the essentials of public speaking
- Develop the ability to connect with stakeholders
- Empower staff to be their best

The business of fun

Energise the team to be more focused, creative, productive and in turn profitable. Learn how to bring fun to work and make sure it's balanced with positivity, productivity and profitability! Oh, and of course have a blast doing it!

- Inspire innovation and change
- Build the foundations for a great place to work
- Create a residual positive affect

"become more effective and resourceful than you've ever been!"





Jodie's very happy clients

Jodie's very happy clients

"Jodie's presentation's are uplifting, entertaining and enlightening. Her topics are refreshing, and should be shared with everyone at all levels of business from small operators to corporate! Jodie presented in a manner that is entertaining and educational and is able to get her message across to the entire audience. That's a hard combination to achieve, but she does it with style and grace. Jodie would be a huge asset to ANY group who is looking for an amazing, down to earth speaker. Jodie can capture her audience with her energy, conviction and the undeniable passion for her message. "Your ability to connect to a variety of personalities, cultures, and ages is a true gift!"



Matthew Becker
National Business Manager,
Coca-Cola Amatil

"Jodie's laughter session was an instant success with all carers. Jodie is a fantastic presenter, energetic, funny and exceeded carer's expectations. Thank you!"

austinmerdancetheatre

Michelle Forte
Director, Austinmer Dance Theatre

"Jodie's clear, honest and tailored executive program has seen a shift in my ability to be a sales leader, develop more meaningful stakeholder relationships - and ultimately focus on growth drivers for business and personal success."



Myriam Marchant
Kiama Council

"We've done numerous workshops with Jodie and all of them have been insightful, engaging and inspiring. The combination of Jodie's coaching and workshops has been a winning formula for our Company!"



Monique Field
Business in Heels
Illawarra



Glenda Papac
Director, Illawarra Women In Business

"Jodie is very personable, natural and engaging. She is a 'down to earth' presenter, and inspiring to all who have had the good fortune to listen to her. Jodie makes a genuine connection with her audience, because of this ability Jodie's key messages stay with her audience for a long time"



Carol Berry
GM, Warilla Women's Centre
Warilla

"Jodie's humanity shines through as a speaker and she is always warm, always funny, always thought-provoking and always engaging. Thank you once again for an inspiring address Jodie – always an uplifting experience!"



Tina Hunt
Wollongong Cancer Council

"The Public Speaking course was not just an exceptional course, it was an exceptional experience. I enjoyed every minute of it! I gained a multitude of new skills and my confidence levels increased ten fold. Thank you Jodie, I can honestly say that this course was life changing!!"



Hilton King
Hilton King Lawyers
Fairy Meadow

"WOW, Jodie. You blew us away with your great and incredibly relevant presentation. It significantly exceeded our expectations, and I personally consider the workshop as a life changing experience, as I will definitely convert this motivation into real action. Thank you so much."

Why do I need Jodie Cooper again?

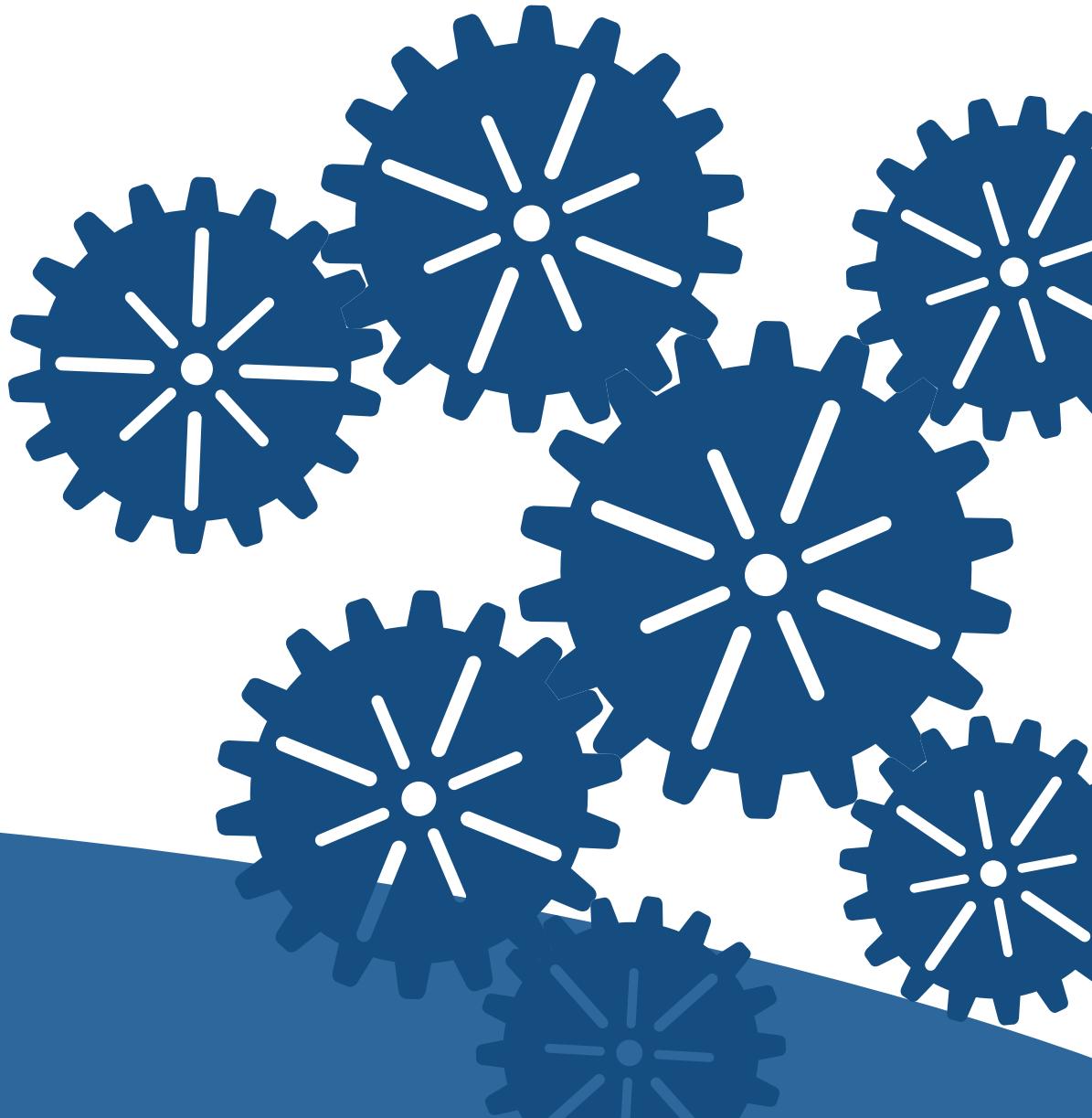


Jodie Cooper

coach author speaker

**Think Better
Work Better
Live Better**

Exceptional businesses need exceptional people, and Jodie Cooper's business is built around developing exceptional people. Jodie will help your leaders to thrive, create synergy within your business and support your team on its path to success.



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