

# MASTERY OF DOING

## Coaching

Mastery of Doing is a coaching service that provides a unique coaching experience. Given my background in Occupational Therapy, I work with people of all ages to improve their ability to perform tasks in their daily lives and working environments. At **Mastery of Doing** I use occupational science and coaching to enhance the client/s abilities and lives and help them achieve goals. The insights and information gained when going through a coaching process will greatly assist you to master your life, your roles, create and explore new roles and your business.

**The work that we do has a broad reach covering things such as:**

- **Things we *do* or *don't* do in our life roles**
- **Things we do to *be* who we are**
- **Things that we do to create the life that we want**

The coaching process is dependent on the individual or the group, it may encompass one coaching session or several, even years of coaching where the client contacts the coach as required.

There is no set agenda, it is a unique and customised approach and experience to each individual.

### **Why choose Mastery of Doing?**

I will work with you to explore the activities that you do or wish to do. We will consider all the possibilities that can assist you in mastering these activities, so you can live a happier and healthier life.

In essence, we will be 'mastering how you do your occupations'.

Once you start to master *what you do*, *why you do it* and *how you do it*, the flow-on effect is that you can achieve more, feel less stress, and improve your overall health in terms of the physical, cognitive, emotional, psychological and social realms of your life.

# Coaching Timeline



↓ **Contact us**

↓ **Initial conversation about how coaching will work**

↓ **Initial coaching session**

↓ **Ongoing coaching sessions**

↓ **You may choose to have one off coaching sessions**

Mastery of Doing assists people to transition from a place where they are not mastering their activities, **personal or professional** to achieving them to the best of their ability.

Working out your true aim or objective and/or identifying the issue which is preventing change is key to moving forward whether at work, at home, in relationships, committing to an exercise or health program or committing to a new goal.

**Take the first step...**

**MASTERY  
OF  
DOING**

Contact Bronwyn Drysdale



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