

# Return to work with confidence

A support service for executives  
and leaders facing career transitions

Feel supported  
and empowered with  
Executive Coaching

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Personalised coaching  
service for individuals  
in management positions

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Develop strategies to  
overcome work-related  
challenges following  
a sickness or injury

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Explore new executive  
roles and improve networking  
and industry contacts

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Receive guidance on  
maintaining work-life balance

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Free service for Zurich  
customers on claim  
in an executive role





Get your career  
back on track with  
Executive Coaching.



Connect with  
a specialist  
coach and return  
to an executive role  
with confidence.

## About Executive Coaching

Taking time off work to manage an illness or injury can be challenging, especially when you have a senior or leadership role. **Executive Coaching** is designed to help individuals in leadership roles return to work with confidence.

A dedicated coach can assist you with:

- Developing techniques and strategies for maintaining or returning to work with your current employer
- Find new executive or leadership roles, if you are unable to return to your previous position
- Understand your work-related challenges and goals following a sickness or injury
- Assist with networking within your industry
- Support you to pitch or present at an executive level to increase your confidence

The program is suitable for:

- Individuals who have returned to their executive career part-time and require support to maintain or increase their hours
- Individuals who are unable to return to their previous occupation, but have the capacity to work in an executive level position, and have a history of executive roles



## A practical example\*

Zara was working as a Director at a large consulting firm when she was diagnosed with a mental health condition. Zara did not feel able to continue in her Director role due to her mental health condition and resigned.

After treatment for her mental health, and with support from her doctor, Zara felt ready to return to an executive role with a new employer.

An Executive Coach assisted Zara to identify her core strengths and interests, the type of workplace culture that was important to her and establish her personal brand.

The executive coach assisted her with sourcing executive roles and was there for her to practice her pitch to a board of directors as well as her interview and presentation skills.

After three months, Zara was successful in securing an executive role in a mid-size accounting firm.

To get started or find out more simply chat to your claims consultant or email:  
[claims.rehabilitation@zurich.com.au](mailto:claims.rehabilitation@zurich.com.au)

\*This example is hypothetical and is not meant to illustrate the circumstances of any particular individual. Before acting on this information, you should consider the appropriateness of the information, having regard to your needs, financial circumstances and objectives.

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