

Amber Gladstone

Executive Coach, Facilitator &
Founder of Progression



ABOUT ME

A confident geek, I'm passionate about leveraging neuroscience learnings and coaching techniques to empower others with the foundations for lasting change. With 15+ years of corporate experience, I understand the challenges and complexity of both corporate life and building your own business.

QUALIFICATIONS

MBA (Technology) with Excellence, UNSW
Grad. Cert. Neuroscience & Business
Executive Coach, ICF-ACC
Level 3 Organisational Coach, IECL
Certified Enterprise Agile Coach
Masters of Neuroscience & Business,
University of New England (in progress)

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progression/

Grounded in evidence-based practices from the latest neuroscience and psychology research, I partner with leaders and teams to create sustainable change.

Progression delivers programs that build resilience at a neurological level, deepen emotional intelligence and leverage neuroplasticity to shift mindsets.

This scientific foundation, combined with training from IECL, an MBA in Technology (UNSW) & a Grad. Cert in Neuroscience & Business (UNE), delivers coaching, workshops and programs that are deeply human and refreshingly practical.

Programs are designed for your organisational objectives. Previous workshop topics & coaching themes include:

WORKSHOPS

- Mindset Mastery
- Brave Chats, Better Teams
- Neuroscience for Behavioural Change

COACHING

- Change and transitions
- Resilience and mindset
- Confidence and courage
- Team Reset - Behavioural

"The program has strengthened our teamwork, improved communication, and helped us support each other through challenges with more confidence."

"The coaching has helped me become a better and more mindful leader, with practical tools & different mindsets. I feel more confident tackling tough problems."

I'VE WORKED WITH LEADERS FROM



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