

U Welcome to U-LEAD

ULEAD PLATFORM

Your Growth *Playbook*

www.uleadit.com





What is our mission?

On a **mission** to close the systemic gaps women face in **financial literacy, career architecture, future leadership, and sustainable performance.**

ULEAD offers an integrated **end-to-end platform** that combines a **learning academy, professional coaching and consulting, and a peer driven ecosystem.**

What is GROW?

Every person is different, and so is every growth journey.

The **GROW** approach is a structured method to build self-awareness and drive change. It combines elements of coaching, mentoring, consulting, and counselling.

JOIN THE U-LEAD MOVEMENT!



Grow Benefits

Each session combines elements of coaching, mentoring, consulting, counselling and delivers:

01.

Practical Toolkit: Tools, frameworks, and exercises to support decision-making

02.

Growth Plan: A tailored plan based on self-awareness, self-management, and self-acceptance

03.

Self-Insight: A clear understanding of strengths and how to apply them

The Grow Approach

FROM COACHING

- Self-awareness, clarity
- Question-led, non-directive
- Client-generated insights

FROM MENTORING

- Growth, navigation
- Experience-led, advisory
- Shared experience



The Grow Approach

FROM COUNSELLING

- Emotional support
- Guided, supportive session
- Resilience, coping strategies

FROM CONSULTING

- Problem-solving & performance
- Directive
- Clear actions & execution



Is GROW right for me?

Grow may be right for you if you **feel stuck, overwhelmed, or at a crossroads**, and want clarity and support to move forward.

You don't need to have a clear goal; **curiosity, openness, and a willingness to reflect are enough**. If at any point our approach doesn't feel like the right fit, that's always okay to name.





What should I expect?

Each session is a **confidential, non-judgmental conversation centred on what matters to you.**

Sessions are **guided but flexible.** Some sessions bring clarity and insight, others raise new questions or emotions.

You don't need to **perform, explain yourself, or have things figured out.** You're welcome exactly as you are, including **doubts, contradictions, and uncertainty.**

How do I prepare for a session?

Before your session, take a few moments to reflect on what's currently present for you; what feels heavy, unclear, or important. **You may want to write down thoughts or questions, but it's also okay to arrive without an agenda.**

You can bring anything into the space. Helpful starting questions might be:

01.

What feels most important for me right now?

02.

What do I want support with today?

03.

What would I like to achieve by the end of this session?

How should I feel after a session?

There's no "right" way to feel.

You might feel **lighter, clearer, emotional, thoughtful, or even tired.**

Growth doesn't always feel comfortable, but it should feel **safe, respectful, and supportive.**





Exercise: Core Values

What matters most to you? (personally and professionally)

01.

Think of a positive event you're proud of and note 5 values connected to it. Use a values list if helpful.

02.

Think of a negative experience and identify 5 values that you wish had been present in you or those around you.

03.

Combine all values and rank them to identify your top 5. Bring these insights to your session.

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**Thank
you very
much!**

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