

Catie Kirke

Program Developer | Trainer | Motivational Speaker | Mentor
Executive and Leadership Coach | Train the Trainer | Emcee and Event Host | Life Coach

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LARRAKEYAH, DARWIN NT



PROFESSIONAL PROFILE

I am a long-term Territorian, originally from Alice Springs, who is dedicated to assisting individuals and teams to increase their capability, outcomes and potential through a strong focus on wellbeing, self-leadership and personal management.

The suite of innovative and contemporary programs I have developed strengthen emotional and social intelligence, mental wellbeing, resilience and self-awareness.

They also have a strong focus on behavioural flexibility and agility, mindfulness, stress management, self-confidence and personal accountability and thereby cultivate a positive growth mindset in both a personal and professional environment.

As a transformational and leadership coach I consistently help clients reduce and manage stress, build and influence essential resilience, have greater purpose and direction, communicate more effectively, be solution focussed, believe in themselves and their abilities, uphold and grow others, maintain a positive outlook and perspective, and lead by example.

In addition to working with in my own business I also emcee and facilitate leadership events, professional development forums, discussion groups and community and staff engagement projects for government and non-government organisations across the Northern Territory.

In a nutshell – I am a people builder who knows that to grow your organisation, vision, positive influence - you must grow your people.

EDUCATION

Associate Diploma Business Management

Diploma in Life Coaching

Master Practitioner Neuro Linguistic Programming

Cert IV Training and Assessing

Cert IV Occupational Health & Safety

Diploma in Fitness and Personal Training

SKILLS

Business development

Financial and risk management

Team leadership/management

Program/workshop concept development, delivery and evaluation

Key note speaking, emceeing, facilitation and hosting

Coaching and mentoring

Project planning, management, evaluation and reporting

Train the trainer

Marketing, media and public relations

Sales and client service

Negotiation and mediation

Quantitative/qualitative research

EXPERIENCE

FOUNDER/DIRECTOR A.R.T YOUR LIFE

Jan 2010 – Current

A.R.T Your Life has successfully delivered transformational programs, workshops, events, coaching and mentoring for individuals, teams, organisations, business owners, executives and large audiences throughout the Northern Territory and Australia wide via live and online platforms for the past decade

A.R.T Your Life has helped individuals, teams and organisations to:

A – Activate self-awareness

R – Reshape thinking and behaviors

T – Transform outcomes and success

QUALITIES

Highly motivated and energetic, innovative, strategic and I think outside of the triangle.

Conceptualises, designs, develops and facilitates change and growth in an inclusive and empowering manner.

I am a leader who innately recognises potential and builds the capacity, confidence and autonomy of others, whether as their mentor, coach, peer or manager.

I am committed to developing and training others and am an expert in the field of initiatives and education programs in the community and in the workplace.

Life coach and human behaviour specialist, who is determined to help bring out the best in others professionally and personally.

Facilitator of meetings, discussion forums and projects to assist organisations to strategically build and implement their vision.

Sound financial management my success as a business owner underpins by my ability to closely monitor and ensure fiscal outcomes met essential performance indicators.

Quality assurance of all ethical standards, services and products.

Exceptional salesperson whether that is selling a product, concept or service. (if it is ecological and I believe in it!)

Emcee and host of events, leadership programs and discussion forums.

I have assisted individuals and teams to increase their capability, outcomes and potential through a strong focus on self-leadership and management, emotional and mental wellness, resilience and self-awareness, behavioural flexibility and agility, work/life balance and stress management, self-confidence and self-belief and cultivating a positive growth mindset in both a personal and professional environment.

Underpinning the success of my business has been innovation, strategic planning, marketing, media and public relations, client relations and fulfillment, program development, delivery and evaluation, event management, financial management and sound governance. As have critical thinking, being solution focused, leading positively and having a continuous improvement philosophy and mindset.

PHYSICAL HEALTH AND FITNESS MANAGER NT POLICE, FIRE & EMERGENCY SERVICES

Dec 2006 – Dec 2011

Design, develop and coordinate physical training programs to prepare trainees for operational duties. This included to oversee injury intervention / management programs, manage and advise on the equipment and financial resource requirements, and ensure accurate assessment processes for all programs. I was responsible for monitoring and reporting on the performance of trainees, the program effectiveness, and liaising with internal and external consultants and stakeholders to establish and maintain quality standards, oversee instructor training, quality assurance and manage the conduct of Physical Assessment Centres, throughout Australia of NTPFES applicants.

In addition, I developed and implemented an Injury Prevention and Management Strategy, wrote an NTPFES Health Promotion Strategy and developed a TRI-HEALTH website for all employees. I also developed and conducted an instructor training course to qualify police to instruct physical skills and established a partnership with NT Clinical School, Menzies School of Health Research and Flinders University to conduct a health needs analysis research project; an initiative conducted as a professional partnership and at no cost to the department.

PROJECT MANAGER – SPONSORSHIP/CONFERENCE NT GOVT. OCPE

Apr 2006 – Dec 2006

Responsible for the procurement of sponsorship to enable the professional conduct of 2007 National Conference of the Institute of Public Administration held in Alice Springs. I devised and prepared all the marketing material, fundraised over \$230,000 (the highest level of sponsorship gained of any of the Institute's national conferences). I negotiated and organised high profile national and local speakers, managed a record level of conference delegates and hosted the event.

REFEREES

Referees available on request both in writing and via phone, including:

- Louise Ogden
General Manger, Community Corrections, Department of Attorney General and Justice
- Peta Preo
Director, People and Culture, Charles Darwin University
- John Atkin
Acting Commander
Northern Territory Police
- Maria Albion
Principal, Karama Primary School
- Lou Martini
Managing Director, Jackadder International
- Justine Mayo
Assistant Director, Office of Northern Australia, Infrastructure, Transport, Regional Development, Communications, and the Arts
- Michelle Williams
Aboriginal Community Health Practitioner, Department of Health

SPORT & RECREATION CONSULTANT NT GOVT. OFFICE OF SPORT & REC.

Jan 2005 – Apr 2006

Responsible for the allocation, management and acquittal of the departments sport and recreation grants program including: Grass Roots, Annual, Facility and Triennial Grants Programs. Established and maintained positive partnerships with a range of peak body and community sporting groups; provided support and advice to assist organisations to develop sound governance including effective and sustainable financial management practices, risk management policies and procedures, and annual business plans.

MANAGER-OWNER - RURAL RESULTS HEALTH & FITNESS CENTRE, HUMPTY DOO

Jan 1994 – Jun 2005

I custom designed this facility and managed its construction, landscaping and interior outfit. Rural Results became the main community centre for residents in the rural area significantly contributing to its social capital.

With over 35 staff including full time, casual and volunteer team members, a physiotherapy clinic and childminding services, the centre provided group fitness classes, weight training, personal training, sports training, fitness assessments, rehabilitation, school group fitness sessions, and specialised workshops in health and fitness, body image and weight management.

I developed and presented several health-focused initiatives and programs and was a catalyst for establishing Cert III in Fitness at Charles Darwin University, including to develop resources and map competency standards of over 45 NT Fitness Leaders to assist them in gaining nationally recognized qualifications.

SIGNIFICANT ACHIEVEMENTS & AWARDS

Developed and launched The Leadership Edge: coach your people to excellence 2022/20223

Project Lead for Darwin Middle School Student Voice Research and Implementation Project 2023

Project Lead Karama Primary School Vision and Values (students, parents and staff) Project 2023

Facilitator and trainer for the Chief Minister and Cabinet Women's Leadership Network 2023

Strategic and operational planning facilitator for the Environmental Health Unit NT

Delivered A.R.T Your Life Program to 1500 women 2011-2023

Miss A.R.T Program delivered to over 650 teenage girls through NT 8000+ hours of coaching and mentoring 2011-2023

Regular guest presenter on 104.9FM and ABC Radio

Regularly featured in Resident Magazine (NT)

Member of IWD Organising Cttee for VIC Rotary 2017

Northern Territory Exercise Professional of the Year 2000 & 2010

Co-Author Manifesting in (High) Heels – Secret Rituals to Achieve Success 2014

Guest speaker at the Women's Forum during October Business Month for 150 participants 2009

Completed a comprehensive review of the Northern Territory Police Defensive Tactics Training 2008

Completed a review of the Physical Training Practices of the Northern Territory Police Force 2007

Awarded the Chief Minister's Women's Fellowship Award for developing and managing the 'Making a Difference' research project 1999

NT Business Woman of the Year, Business Owner 1998