

Fierce Compassion

Leadership and transformation coaching with Dr Mary Miller

Therapists have used the power of compassion successfully for decades. Dr Mary has taken this researched-based approach and transformed it for coaching leaders of the future.

What happens when there's *no more room* to work harder?

You already work with excellence in your role as an executive leader. You've done the courses, learnt skills, **you've worked really, really, hard**. Yet, an atmosphere of stress and pressure blooms, you're busy searching for the "right" answer and it's exhausting.

You may sense a lack of connection - with yourself, with others, with the meaning of the work you do. There's nothing wrong with you; you don't need to be fixed; you're not broken.

The culture we operate in, what we've been entrained to do is to work even harder... and this equals results - that's what everything tells us should bring success.

The dark side of high achievement culture

But there's a dark side to high achievement culture when perfectionism and striving for excellence becomes laced with self-criticism, stymying creative risk taking.

You watch your (and your team's) capacity for problem solving and productivity falter and **start to sense the limits** of traditional models of hustling and working harder.

Clarity doesn't come in the noise. As a leader you need **a process of space making** that you can come back to time and time again no matter what the challenge is.

"As a business owner, it often feels like there's no one who can help me. So, sometimes there becomes this solo burden, and then the mind's threat cycle starts, causing this urge to lean in even harder to solve everything myself." - Coaching client

Fierce Compassion

Psychologists have understood that **compassion** can rewire our brain and improve our physiological responses to stress for decades – yet compassion is frequently misunderstood to be about being endlessly patient, kind and nice.

‘**Fierce**’ highlights the strength that true compassion takes, because it requires **strength** to sit with our discomfort and acknowledge our shortcomings, and **bravery** to be vulnerable and to take **courageous** actions.

How Fierce Compassion works

With Fierce Compassion, learn how to pause, take stock, tune in, and broaden your perspective on the situation, even when it feels impossible to slow down. This is where you start to **escape the cycle of reacting**.

Experience and deepen your capacity for compassion - for yourself and others - in ways the dominant Western culture doesn't address. When we really see our whole selves, including the messy bits and unwanted pieces, we connect with our vulnerability, our fallibility, we **begin to understand ourselves more deeply**. Cultivating empathy in this way begins to break down the barriers of division, distrust, and isolation, **leaving space for radical innovation**.

Acting from awareness, understanding and empathy helps our brain to access its full potential. Wise action helps us to **move forward, to create a more connected, more fulfilling experience of ourselves and others**. It helps us to learn and grow from our mistakes and challenges, without judgement and self-criticism.

“Fierce Compassion for me is about being able to slow down, find space and observe. It's about getting outside of yourself and the problem and creating that distance to see objectively, and then map possible useful actions.” - Heath Lowe, Executive Design Director, Special

Fierce Compassion is a sustainable and adaptive set of skills that last a lifetime

ENOUGH

One month Fierce Compassion coaching program with Dr Mary

- Establish a process of space making you can return to, no matter what challenges you face
 - Cultivate meaningful connections from a foundation of empathy and deep compassion
- Experience the freedom and creativity of wise action in real-time, with real issues

1 month Fierce Compassion programme (4 x 2 hr + 1 x 90m) = \$4000

EXPLORE

Two month Fierce Compassion coaching program with Dr Mary

- Explore the situations that trip us up, the loops and habits that we fall back into
 - Create conscious responses that enable radical innovation
 - Embed the process and expand your results to develop collaborative and empowering interactions between yourself and your team

*2 month Fierce Compassion programme (8x 90m) = \$5000 * available after completing ENOUGH*

ENOUGH + EXPLORE

Three month Fierce Compassion coaching program with Dr Mary

- Make space for yourself and receive the benefits of sustained skills-based support

3 month Fierce Compassion programme (4 x 2 hr + 8 x 90m) = \$8000

[Book a connection call](#)



Dr Mary Miller

Fierce Compassion Founder, Fierce Compassion Leadership and Transformation Coach

Fierce Compassion first emerged through my clinical practice working with senior medical professionals, executives and managers. I saw how traits like perfectionism often came with intense self-criticism and poor mental wellbeing, even though the rest of the world praised them for their achievements.

I saw over and over again how practising a multi-dimensional form of compassion and inner strength (what I now call Fierce Compassion) allowed these leaders to open new doors inside themselves and amplify their contributions to their staff and their organisation.

A richer, connected, more fulfilling professional life? That's what I want for you.

Reach out to chat with [Dr Mary](#)



Dr. Mary Miller is an executive coach who currently runs mental wellbeing & resilience workshops through her company Mind Therapy. She co-owns a private clinic called Therapy Space in Auckland, where she practises as a New Zealand registered Clinical Psychologist. She's also worked for the Auckland District Health Board and a number of private clinic settings. Dr. Mary has worked with SKY TV, Reuters Thompson, the international engineering firm Norman Disney Young, and Auckland University, and she has lectured at the Auckland University of Technology.

Improving productivity in the workplace often means working harder, but what Mary does is help you to work better — Brody Cornelius, Health and Safety, SKY New Zealand

She is professional, knowledgeable and creates an environment where participants feel safe to contribute and engage with the material — Nikki Chamberlain, Associate Dean of Equity at the University of Auckland