



Helping people and businesses rise to their potential

People first, tech enabled

WHAT WE DO

We love to help workplaces rise to their potential through intentional growth

We're a team of specialists with over 40+ years combined experience in helping businesses innovate, grow and see successful change.

We bring depth of expertise across Healthcare, Disability, Digital Health, Technology and Delivery.

● Coaching

Practical, strengths based coaching to help leaders, individuals and organisations grow.

Our coaching draws on certified expertise alongside lived experience.

- Business Coaching
- Neurodiversity and ADHD Coaching
- Career Growth Coaching

● Training

From workshops to small class room settings the team at Arise offer a variety of training opportunities.

- Digital Health and AI Capability Series (*get in touch for our course booklet*)
- Interview Preparedness Series (*get in touch for our course booklet*)
- Great goal setting for health professionals
- Excellence in healthcare administration

We also create bespoke offerings on request

● Speaking

Drawing on her 20+ years in business growth and change Rowena offers speaker topics for conference sessions and leadership events, focussing on how leaders can turn complex change in practical action.

Signature Key Notes:

1# People first, Tech Enabled

2# Making Change Successful

3# Your career does not define you

● Advisory and Delivery

With International awards in Change delivery success and a national finalist for Women in ICT, Rowena guides the advisory arm of Arise to support organisations in key stages of growth.

Delivery and Advisory tasks can vary and are tailored to the needs of your organisation.



Where We Work

People first, tech enabled



Drawing on deep leadership, delivery and specialist expertise, we work alongside you to turn ambition into action; strengthening people, building capability and igniting positive momentum.

Whether you are looking to grow yourself, support your team or move your organisation forward, Arise brings strategic thinking, practical support and trusted partnership to be a catalyst for change when you need it.

OTHER OFFERINGS

Alongside our services, Arise has created practical products that support growth, inclusion and confidence. From EMmA, your personal knowledge vault, and DAVID App for more independent living and safer AI use, to *Journaling for Your Best* (now available on Amazon) and our digital health readiness tools.

WHAT MAKES ARISE DIFFERENT

Our focus is on building trusted relationships that empower and equip people to create lasting progress.

We see both the big picture and the small details that make change succeed. We combine strategic thinking with practical delivery expertise, working alongside you to turn ideas into meaningful action.

Need something that is not neatly in a box?

We are comfortable starting with the problem, bringing the right people together and building the right support around it. Contact us about our 'look under the hood' whiteboarding session to help figure out what would add the most value to you.

Jump onto our website's for a more in depth experience

ariseconsultingnz.com
arise-coaching.com