

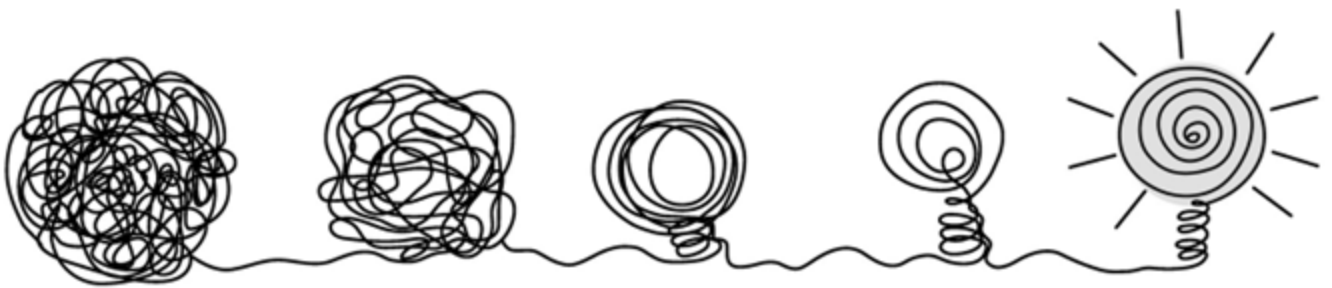


“Give Me Your Team

I’ll Give You People-Powered Growth”

Introducing

The 5-Call Mentoring Transformation



So You Can

Scale Without Burnout

Turn Growing Pains into Growth

And Finally Activate The Potential of Your People

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Grow Your Business by Growing Your People

Who It's For

Designed for founder-led businesses, **The 5-call Mentoring Transformation** is a unique programme that builds empathetic, people-first leaders — laying the foundation for healthy, high-performing teams and sustainable growth beyond a 'numbers culture.'

Why It's Needed Today

Burnout and quiet quitting have never been more prevalent. And they are directly tied to poor leadership behaviours, not performance issues.

Gen Z and younger Millennials value purpose, autonomy, and respect over titles and status.

Organisations that retain talent and outperform rivals build cultures of safety and stretch—this programme delivers both.

The 5-Call Mentoring Transformation shows you how to be strong and soft—**clear with standards, kind with people.**

Rooted in Experience & Individually Tailored

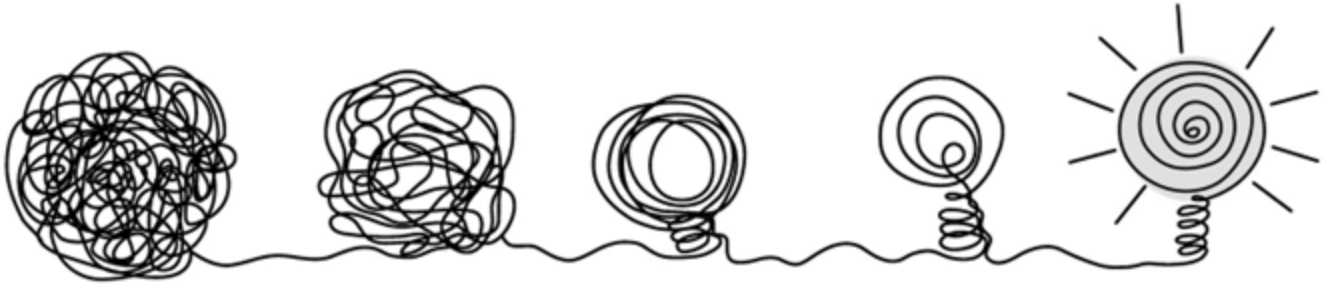
Why It Works

The programme is rooted in 40+ years of hands-on leadership experience across multi-million and multi-billion turnover companies and fast-growth startups. It's practical, people-first, and grounded in what works — not theory and not fancy formulae from lecture-land.

The Thread Method

The journey is structured around 5 core leadership threads that run throughout the 5 calls. These aren't tick boxes—they are the real fabric of effective, human leadership.

The 5-Call Mentoring Transformation



The 5-Call 121 Mentoring Journey

Each call is 1 hour of 121 mentoring - focused on a different core aspect of effective leadership. The calls have a framework but are also flexible, tailored to the individual leader's current challenges and context.

Call 1 – The Inner Thread

Focus: Self-Awareness

- Understand how your leadership style affects those around you
- Identify where you lead well—and where your habits might get in the way
- How you show up under pressure
- Explore what makes a team feel motivated and respected
- Identify whether your team is just coping or truly thriving

Call 2 – The Trust Thread

Focus: Team Dynamics

- Understand how everyday actions build or break trust
- Spot common habits that slowly wear down team confidence
- Learn how consistency and follow-through earn respect
- Shift from focus on outputs to supporting inputs
- Understand how to balance delivery with wellbeing

Call 3– The Clarity Thread

Focus: Human Communication

- How with confidence say what needs to be said, both clearly and respectfully
- How to deliver difficult feedback without shutting people down
- Reconnect with the bigger picture and why it matters
- Do your team find value in what they do, day to day
- Make purpose a natural driver of energy and performance

Call 4 – The Support Thread

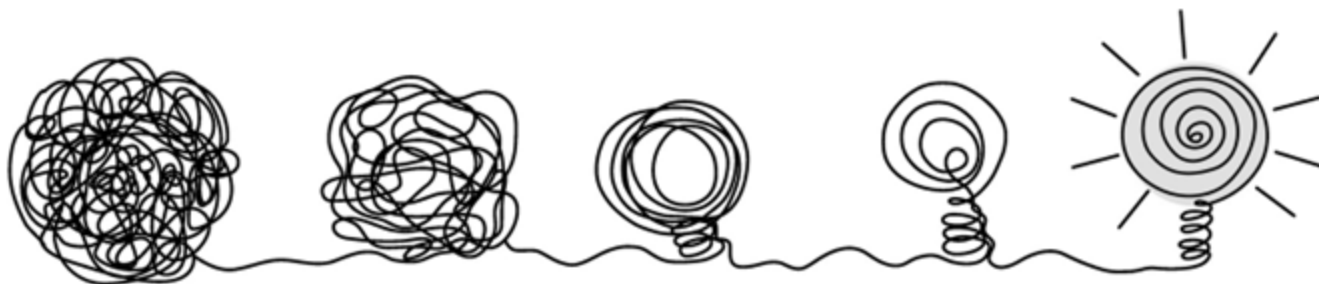
Focus: Growth Through Challenge

- Support team members with challenges in a way that builds confidence
- Create a space where learning is part of failure
- Learn how to set clear expectations without controlling
- Model healthy habits, balance, and boundaries
- Shift from reacting to leading with intention

Call 5– The Challenge Thread

Focus: Facing the Tough Stuff

- Lead through difficult moments without avoiding them
- Navigate conflict or tension in a calm, forward-focused way
- Become someone people trust to handle what matters
- Lead with clarity, confidence, and renewed purpose
- Create a safe space for growth



Real Business ROI (Return On Intention)

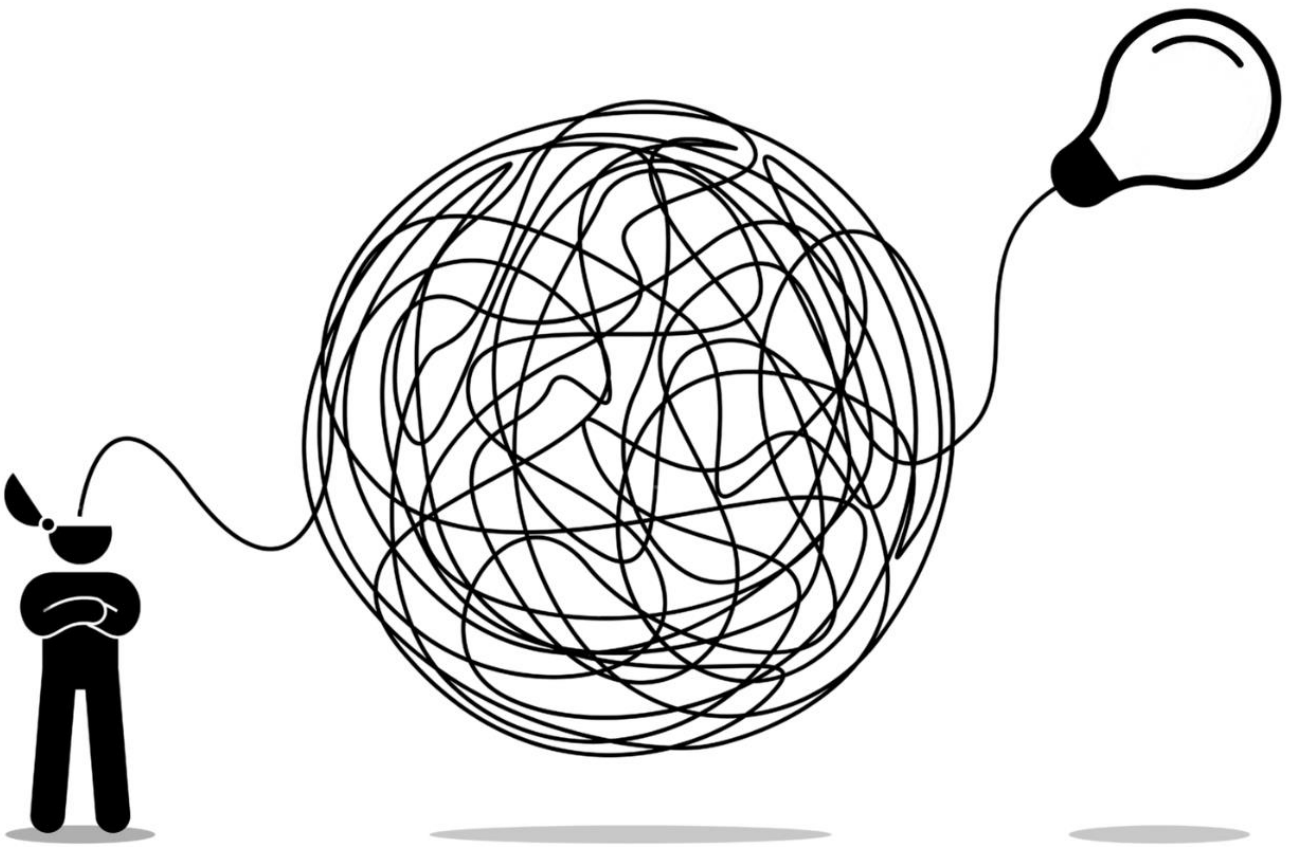
- Stronger, **more engaged teams** who want to stick around
- **Leaders who get results** through people, not pressure
- **Less fire-fighting**, more forward-thinking
- Cultures that are **energising**, not draining
- Managers who **grow others**—not just manage tasks
- More **effective**, supportive leaders, reducing burnout.
- Healthier, more engaged teams leading to **higher performance**.
- Employees feel valued, **reducing recruitment and training costs**.
- **Proactive management** of challenges and team solutions.
- **Unified teams** working toward shared business goals.
- Focused on creating a **resilient, productive** workforce.
- Company becomes an **employer of choice** in the market.

What It Looks & Feels Like - The New Perspective



Change the day-to-day texture of work for both you as a leader and the people you lead.

Let's explore what it looks like and 'feels' like, on both sides



For the Leader:

What It Looks Like

- Listens first, even when under pressure
- Sets clear direction, then gives people freedom to talk
- Gives real-time feedback—not just at review time
- Knows their team as people, not just roles & tasks

What It Feels Like

- A deep sense of alignment between values and leadership
- Pride from seeing people grow and succeed
- Calm safe space, even when things get messy
- Energy from building something meaningful



For the Team:

What It Looks Like

- Regular, human check-ins, not just status updates
- Clear goals and expectations, with space for input
- Growth conversations, not just performance chats
- Issues are dealt with early and honestly, not avoided

What It Feels Like

- Safe to speak up, challenge ideas, and admit mistakes
- Motivated by purpose, not just pressure
- Confident in what's expected, and where they're headed
- Loyalty, not just compliance—because they believe in the the purpose

Meet Your Mentor



Founder & Mentor, Anita E Bolger

I built my career in the fashion industry, starting alongside Betty Jackson the pioneering British designer and working my way up to Board level roles and Advisory positions.

Along the way, I've developed an instinct and passion for helping people. I've found that if we can unravel the knots in our lives, we can be capable far beyond our present realities.

So, while I still love fashion, these days I am focused on delivering mentoring solutions for businesses and individuals.

My clients find me when times are tough for them. And together we put my 'Thread Method' into practice. Unravelling the knots and building confidence one session at a time.

My proudest moments are looking at who they are all becoming. Leaders. Founders. Creators. All finding their ways to thrive.

Maybe you or your team could be next?

Why Choose Me?

As Founder and lead Mentor at Mentor 121, I combine decades of workplace experience with a proven track record of helping people navigate personal and professional challenges and achieve remarkable growth.

I make your success my business. And I'm committed to helping you every step of the way.

Testimonials



"As a mentor, Anita's impact has been life-changing, extending far beyond career decisions. She is generous with her time and wisdom, offering support, encouragement, and remarkable clarity of thought. I consider myself incredibly fortunate to have been mentored by her and cannot recommend her highly enough."

Mentor 121 Client | Strategy Director | UK

"I can't recommend Anita enough to anyone navigating career changes or looking for guidance on how to grow and thrive, both personally and professionally. Her support has been a game-changer in my journey."

Mentor 121 Client | Fashion Tech Founder | UK

"I've been having the privilege of being mentored by Anita over the past year, and it's been nothing short of transformative, both professionally and personally."

Founder & Creative Director | Fashion | Spain

More recommendations can be found on my LinkedIn profile:

<https://www.linkedin.com/in/anitabolger/>

Pricing & Terms

Each person receives 5x 1 hour mentoring calls 121 with Anita E Bolger.

Individuals

GBP £1000

Teams of 2-5 People

GBP £1000 per person

Teams of 6-10 People

GBP £900 per person

Payment is in full on booking. Individuals will be given a booking link to arrange their 5 calls.

How To Get Started

Getting started is easy in 3 simple steps.

1. Book a call so we can discuss your specific requirements for you or your team. [Click here to arrange a call.](#)
2. We'll arrange payment.
3. We'll share booking links with all participants so everyone can book their 5-call mentoring transformation programme.

I look forward to welcoming you to the programme.

Contact

Still got questions? Please email anita@mentor121.com