

## AUTHENTIC LEADERSHIP TALK

Human-centred leadership training  
Award-winning | Effective | Empowering



### Guess who made msn's Top 10?

We have some big news to celebrate!

msn has named Martin Probst one of the [Top 10 Leading Speakers to Follow in Australia!](#) This recognition is not only humbling, but also a reflection of the incredible community that surrounds PROfound Leadership. Thank you for your continued support, encouragement, and belief in our mission to make leadership simple, practical, and empowering.



This milestone is also a timely reminder of the importance of setting healthy boundaries.

**Achievements are only sustainable when we protect our time, energy, and wellbeing.** As leaders, we must learn to manage expectations while staying true to our values and vision. Boundaries are not limitations; they are the foundation that makes lasting success possible.

*"Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others."*

Brené Brown

In this *Leadership Talk*, I'm sharing everything on how to lead with kindness *and* with firmness, because sustainable leadership begins with healthy boundaries. I share with you an insightful article, *Pro Tip* for saying NO, book and eLearning recommendations, plus you get access to a free PDF on the same topic.

Keep scrolling!  
Martin



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▣ On this topic: LEADERSHIP ARTICLE



**How to protect your energy, earn respect, and lead with clarity.**

As leaders, we're often praised for our accessibility, willingness to help, and dedication to the team. But without clear boundaries, those very strengths can become stumbling blocks.

Boundaries are not walls that keep people out. They are frameworks that ensure respect, trust, and clarity in our interactions. When leaders fail to set boundaries, they risk burnout, blurred responsibilities, and strained relationships.

On the other hand, leaders who establish healthy boundaries create space for focused work, meaningful conversations, and sustainable growth. Boundaries build respect, not resentment. So, what does this look like in practice?

- **Protect your focus time.** Block out hours for deep work and treat them as non-negotiable.
- **Be clear about communication.** Let your team know when you are available, and when you are not.
- **Say no with integrity.** Declining a request can feel uncomfortable, but it also ensures you can deliver fully on the commitments you do accept.

Healthy boundaries signal self-respect, foster mutual trust, and ultimately strengthen your leadership presence. Remember, every *yes* to others is also a *no* to yourself - make sure you're choosing wisely.

## Pro Tip: SAYING NO

3 tips for setting boundaries.

Boundaries allow us to lead with strength and compassion without sacrificing our wellbeing. Not sure where to start?

**Tip 1:** Pause before saying *yes* - give yourself space to choose wisely.

**Tip 2:** Replace *"I'm sorry, but..."* with *"Thank you for understanding that..."*

**Tip 3:** Don't do for others what they can do for themselves. You are debilitating them.



Apply these tips and notice the shift away from over-functioning. (And hey, check out this month's freebie!  )

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 Freebie of the month: QUICK GUIDE

**Establishing healthy boundaries for sustainable success.**

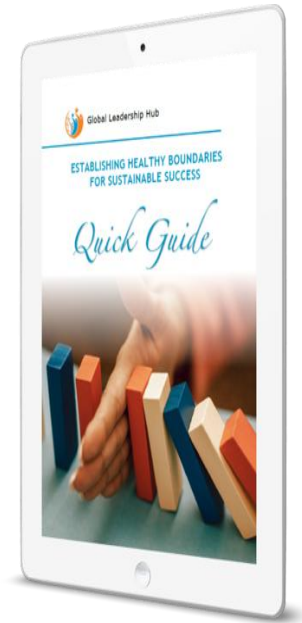
Want to dive deeper? Download our *Quick Guide to Establishing Healthy Boundaries* and get practical strategies you can apply immediately.

This downloadable Quick Guide will help you:

- Understand your default interaction style
- Say "no" without guilt
- Lead with strength and empathy

The PDF includes reflective questions and examples you can start using straight away.

📎 Want it? Simply [reply to this email](#) to request it.



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## 📖 On this topic: BOOK RECOMMENDATION

***Boundaries* by Dr. Henry Cloud & Dr. John Townsend.**

If you'd like to explore the subject of boundaries in more depth, we highly recommend *Boundaries: When to Say Yes, How to Say No to Take Control of Your Life*. Join the millions who have learned how to take control of their lives by setting healthy boundaries with their spouses, children, friends, parents, co-workers, and even themselves - in order to live life to the fullest.

[Get it on Amazon →](#)

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## 💻 eLearning: WORK-LIFE BALANCE



If you often find yourself over-functioning or struggling to say "no", this course is for you.

Learn how to:

- Maintain a healthy balance between professional demands and personal wellbeing
- Reduce stress and prevent burnout
- Set boundaries that protect your time and energy

👉 Start today and begin to carve out time for yourself.

[🔗 Check out the course](#)

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## 📅 Growth opportunity: UPCOMING TRAINING

📄 **Topic: Driving Organisational Performance**

📅 Tuesday, 7 October 2025 | 9am-12pm AEDT

📍 Online: Zoom

*PS: This session is facilitated on behalf of the Apprenticeship Employment Network (AEN)*

💡 What to expect:

In this engaging workshop, leadership expert Martin Probst will equip you with practical tools to embed human-centred leadership within your organisation.

💎 **Cost: FREE** for AEN members, but you must sign up to receive the details.

[Secure your spot now →](#)

📄 **'Coach to Facilitator' Free Masterclass**

📅 Thursday, 16 October 2025 | 7-8pm AEDT

📍 Online: Zoom

💡 What to expect:

This session is designed for exhausted coaches who are ready to transition to workshop facilitator. Whether you haven't designed any workshops yet or are feeling stuck after you started, there are strategic steps you can take to successfully transition! In this free masterclass, we'll show you our approach from one-on-one coach to award-winning


facilitation expert, and the white label materials and templates we have ready for you to use.

✦ Cost: FREE

[Secure your spot now →](#)

## 🎧 Behind the scenes: NURTURING RELATIONSHIPS

Building authentic relationships and nurturing meaningful dialogue is what makes leadership impactful. And it's always rewarding to see how these connections grow over time.

 **Martin Probst** ✓ • You  
Award-winning leadership expert helping experienced coaches confi...  
6d • 🗨️

Excited to see your vision for Barton Business School come to life, [Sanjeev Gill \(IEAA-AF, MAICD, MICDA\)](#) and grateful for such an inspiring conversation on shaping future leaders.

 **Sanjeev Gill (IEAA-AF, MAICD, MICDA)** 🏠 • 1st  
MD | Higher Education | Govt. School Board Member | Making impact t...  
1w • Edited • 🗨️

Had a fantastic conversation with my former colleague Martin Probst, who is now leading PROfound Leadership with great success.

We spoke about leadership and the importance of developing future leaders who are not only skilled but also human-centred and purposeful.

It is inspiring to see how Martin has built such a successful company that empowers individuals and organisations to grow through authentic leadership.

Looking forward to continuing this dialogue on shaping the leaders of tomorrow.

[#Leadership](#) [#FutureLeaders](#) [#ProfessionalDevelopment](#) [#Melbourne](#)



Got any questions, suggestions, or a topic you'd love us to cover next month? Simply get in touch with us via email or reach out on social media. We are on your support team!

**Looking forward to another month of learning and growing together!**

*Dare to make a difference!*

## NEWSLETTER | September 2025



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