



Helping you make the time to do what matters



With professional coach Carolyn Brown at the helm, Time Made has been helping individuals and small businesses organise, streamline and simplify since 2009.

Coaching gives you space to step back, think clearly and focus on what will make the greatest difference.

Effective results over “busyness”.

Helping you take charge



Productivity coaching

Clear priorities, better focus and practical ways of working.



Business coaching

Direction, decisions, growth, leadership and accountability.



Time and priorities

Make room for the work and life that matter most.



Boundaries and delegation

Decide what you will do, what can be delegated or stopped.

PROFESSIONAL CREDENTIALS

- ✓ ICF Professional Certified Coaches
- ✓ RocheMartin Emotional Intelligence certified
- ✓ Graduate, Australian Institute of Company Directors

Get in touch



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"Productivity is not about squeezing more into every day. It is about using your time, energy and attention well. Our coaching can help you get effective results over busyness."

Carolyn Brown



Is coaching right for you?

You may not need more information or another system. Sometimes you need space to think, challenge your assumptions and work out what comes next. This is where coaching can help.

You may be ready for coaching if:

- ☒ the urgent keeps crowding out the important
- ☒ your priorities feel blurred
- ☒ you are carrying too much
- ☒ your business or role is changing
- ☒ you want accountability and a fresh perspective.

Why Time Made?

Carolyn brings more than 30 years of experience across business, government, not-for-profit, disability and human services, together with professional coaching and governance experience.

Her approach is warm and practical: good questions, careful listening, honest reflection and a focus on action that fits your real life and business.

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The Time Made coaching process

1. **DISCOVERY**
What is happening now and what would you like to change?
2. **CLARITY**
Identify the priorities, choices and outcomes that matter.
3. **ACTION**
Agree practical next steps and build momentum.
4. **REVIEW**
Reflect, adjust and keep what is working.

Let's have a conversation

If you are ready for clearer priorities and practical progress, get in touch:

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