

Executive Coaching – How it works

What is executive coaching?

Executive coaching is a partnership with a focus on enhancing your leadership performance and development skills. The Coaching programme helps you set achievable and challenging goals and make more informed decisions that will drive you toward your vision. It allows you to pause, assess and then move forward with awareness, clarity and impact.

Executive coaching:

- Provides an environment that is conducive to setting bold goals
- Provides a safe and supportive setting, without judgement, to explore your potential and possibilities, different perspectives and new ways of thinking
- Gives you the opportunity to learn about tools and methods that you can use to self-coach to continue the momentum

It's about you - dedicated time for you to reflect on strengths, challenges and then to focus on action.

What executive coaching is not:

- Solely for executives
- Training or teaching
- Counselling or therapy
- Mentoring

What are the benefits of having an executive coach?

- Accelerates success - faster action towards your goals
- Moves past *thinking* about what you want to do to achieving these goals
- Clarifies your values and what they stand for, which leads to commitment to decision and actions
- Increases self-awareness and identifies beliefs (from your inner critic) that hold you back
- Time and space to test and shape your thinking with an independent sounding board
- Provides greater confidence and perspective regarding decision-making
- Greater interpersonal effectiveness and improved relationships

When you would use an executive coach?

- Igniting your passion for what's next in your career or re-imagine your future
- Developing a leadership or personal brand
- Changing role – operational to strategic or a promotion
- Managing change for yourself or a team
- Returning to work
- Maximising high-potential employees
- Building more effective work relationships / conflict resolution

How it works

As the coaching is tailored to you we can create a bespoke programme based on your needs. Your investment includes a de-brief and pre-brief and contact between sessions if required.

6-month coaching programme

12-month coaching programme

Optional: include a data-based assessment prior to coaching