



Executive Coaching

What is Executive Coaching?

Executive Coaching is professional coaching with a focus on developing your leadership skills — the skills needed to drive change, manage complexity, conflict, build high performing teams, and maintain a strong personal foundation to thrive under pressure and sometimes scrutiny.

How will we work together?

I use a change management, solutions and goals focused approach to executive coaching because the window for achieving results for executive leaders closes much faster than with non-executives. This approach is one of the most effective ways of achieving quick results in a compressed amount of time.

Specifically, we will:

- Clarify your role and how it needs to align with the organization's priorities;
- Leading teams and creating collaborative experiences;
- Identify and modify behaviors that may impede your leadership ability;
- Uncover and address obstacles that could sabotage success;
- Working with difficult people and turning around difficult situations; and
- Enhance your ability to manage leadership intelligence (self-awareness, your emotions, and motivating others).

How long will we work together?

Executive coaching experiences typically last for at least 6 months, though they can last longer, and include bi-weekly 1:1 and/or virtual engagements with me.

What can I expect?

Expect to be challenged respectfully. I need you to be willing to experiment with fresh approaches and be open to redesigning the parts of your brand that you are able to right now. This will help you more easily reach your goals and successfully adopt new behaviors.

How can I get the most out of this experience?

Come to the coaching call/meeting prepared, with an agenda. We have 60-90 minutes together, and you'll want to have a written list of things for you to share and us to discuss. On this list, include things like:

- Success and wins that you've had that week
- Report on the homework
- Problems you faced and how you handled them
- Advice you want about a situation
- What you're currently working on and how it's going
- New skills you want to develop
- Insights, "aha's," and new awareness's
- Strategies you wish to develop

Benefits of working with Me?

- You'll take more, better and smarter actions because you set the goals you really want and that are critical for your personal, professional and business development
- Confidence to work through conflict, scrutiny and other challenges that face today's leaders.
- Make better decisions for yourself, find greater satisfaction as an employee and/or business leader because your focus is clear
- I am here for your success. Together we can achieve the success you desire most and what your organization is requiring of you.

I look forward to our time together.

Pam