

EXECUTIVE COACHING

What If You Could Transform Challenges Into Triumphs and Unlock Your Full Leadership Potential?

WHY COACHING?

Every leader faces complex challenges; even the most experienced senior executives can benefit from coaching. Reasons to engage a coach range from improving leadership skills to increasing personal productivity. Yet, everyone with a coach has this in common: a commitment to looking beyond the obvious and past the blind spots to uncover the true potential of his/her abilities. Working with a coach streamlines this process to quickly achieve maximum results.

OUTCOMES

Participants complete our coaching program with:

- A new sense of purpose and ability to lead
- A unique way to communicate that elicits the best from their colleagues and teams
- A refined perspective and skill to develop team members professionally
- A new capacity to hold others accountable for their performance goals
- The proficiency to achieve results in any personal or professional situation

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GABRIELLE BAUMEYER

GOAL SETTING

Determine the key personal and professional goals that define success.

1:1 SESSIONS

Spend coaching sessions discovering ways of thinking and acting to perform at new levels.

ACCOUNTABILITY

Benefit from an accountability structure designed to ensure desired goals are achieved.

ACTION FOCUSED

Every action plan developed in weekly or bi-weekly sessions is focused on producing immediate results.



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COACHING ROLES AND DESCRIPTIONS

DESCRIPTIONS

Coaching is a partnership between the Coach and the Client and only works with the full engagement of both. It is a thought-provoking and creative process that inspires the Client to maximize personal and professional potential. It is designed to facilitate the creation/development of personal, professional, or business goals and to develop and carry out a plan for achieving those goals. To that end, we define here the necessary characteristics of both Coach and Client needed for effective partnership. For coaching to be successful, the Client must demonstrate a willingness and interest in being coachable.

THE COACH

- Agrees to maintain the ethics and standards of behavior established by the International Coach Federation ("ICF")
- Documents the work with the Client in a way that effectively manages progress and accountability
- Relates to the Client as healthy, willing and able to be successful
- Constructively challenges the Client with new perspectives and approaches
- Supports and encourages the client in the fulfillment of his/her goals
- Provides an outside perspective that the Client cannot see for him/herself
- Speaks in a way the Client can understand
- Is willing to hear and address any breakdowns in the coaching relationship
- Maintains professional confidentiality

THE CLIENT

- Is open and honest with the Coach
- Has identified or is willing to identify goals he/she is committed to achieving
- Is willing to consider other perspectives and other ways of thinking and acting
- Is responsible for his/her own process and progress
- Takes action to move his/her projects forward
- Is eager and curious to confront and reexamine old habits and in effective ways of being
- Is interested in self-awareness and willing to be responsible for the impact of his/her thoughts and behaviors
- Is actively practicing the issues addressed in the coaching between sessions
- Openly addresses any breakdowns in the relationship with the Coach



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