

## Executive Coaching Program

### Option 1 – Accelerated Program

Duration: Six months

1. Three-hour in-person assessment and planning meeting:
  - a. Create clear objectives and metrics for the coaching
  - b. Create an accountability plan to support success
  - c. Identify participants for the 360 degree interviews
2. 360 degree interviews with up to eight colleagues/friends/family
3. 360 interviews conducted again after three and six months
4. Access to your coach by phone or e-mail anytime
5. Weekly coaching sessions (in-person and/or by phone)
6. Additional coaching by e-mail as needed
7. Extend the program for an additional six-month term at a discounted rate based on having achieved the objectives of the previous six months

*“Because of our work in identifying and addressing my limiting beliefs, I am having more powerful conversations, opening and selling new accounts, and experiencing an overall sense of empowerment. What continues to amaze me is that the only thing that has changed through our coaching is me.”*

– Senior Consultant

### Option 2 – Advanced Program

Duration: Six months

1. Three-hour in-person assessment and planning meeting:
  - a. Create clear objectives and metrics for the coaching
  - b. Create an accountability plan to support success
  - c. Identify participants for the 360 degree interviews
2. 360 degree interviews with up to four colleagues/friends/family
3. 360 interviews conducted again after three months
4. Access to your coach by phone or e-mail during business hours only
5. Bi-weekly coaching sessions (in-person and/or by phone)

### Option 3 – Standard Program

Duration: Three months

1. Three-hour in-person intake meeting:
  - a. Create clear objectives and metrics for the coaching
  - b. Create an accountability plan to support success
  - c. Identify participants for the 360 degree interviews
2. 360 degree interviews with up to four colleagues/friends/family
3. 360 interviews conducted again midway through the program
4. Access to your coach by phone or e-mail during regular business hours
5. Bi-weekly coaching sessions (in-person and/or by phone)