

# Executive 1:1 Coaching

8 Hours On-Site or Virtual



Our Executive 1:1 Coaching program is designed for high-performing leaders to optimize their potential. Through a series of 1:1 meetings with a senior consultant, you will identify opportunities and potential to become a more effective, strategic, decisive, focused, balanced, and productive leader.

This program is highly-tailored to your key objectives and areas of opportunities. It's an opportunity for you to let go of anything in the way of you getting the results you want—personally and professionally.

This 8-hour program can be done virtually over several sessions or in one in-person session. A preliminary call is done before the program begins to determine your desired outcomes. Optional 360 interviews can also be completed to gain greater insights about your opportunities. Three follow-up sessions are done virtually to offer support and build sustainability, in addition to unlimited email support.

## Potential Areas of Focus

### Alignment

Align your efforts to what will produce the greatest results for you, your team, and the organization.

### Accountability

Create a culture of accountability with your team by leading by example in saying what you do and doing what you say.

### Workflow Mastery

Create a high-quality system for managing the large volume of input needing your attention and decisions.

Learn strategies for dealing with competing priorities and creating space to get the most important things done.

Learn how to increase results from your team through more effective email communications and meetings.

### Professional Development

Let go of any beliefs and reset habits that may be blocking you from thriving in your work and personal life.

### Well-Being

Develop sustainable habits for having the life you want outside of work, while excelling in your role as a leader at work.