



PROFESSIONAL PERFORMANCE COACHING

PURPOSE

Professional coaching is an ongoing partnership that helps clients produce fulfilling results in their personal and professional lives. Through the process of coaching, clients deepen their learning, improve their performance, and enhance their quality of life.

The sessions are intended to:

- Discover, clarify, and align with what the client wants to achieve
- Encourage client self-discovery
- Elicit client-generated solutions and strategies
- Hold the client as responsible and accountable

In each meeting, the client chooses the focus of conversation, while the coach listens and contributes observations and questions. This interaction creates clarity and moves the client into action. Coaching accelerates the client's progress by providing greater focus and awareness of choice. Coaching concentrates on where clients are today and what they are willing to do to get where they want to be tomorrow.

TARGET AUDIENCE

Business professionals who are looking to obtain greater results.

EXPECTED OUTCOMES

The range of outcomes is specific to each client's intended purpose. Current clients have reported the following although there are many other outcomes as well.

- Better stronger business relationships
- Communication that is effective and lasting
- Helps you show up and be present as a genuine leader of your top talent
- Make critical decisions from a powerful place rather than a worry or fear place
- Better sleep at night
- Moving more effectively in work and personal responsibilities

LEARNING MODALITIES

Conversation, assessments through phone or in-person

REFERENCE DOCUMENTS

Observation Action Results Model

Behavior Emotion Language Model

Managing Thought: How Do Your Thoughts Rule Your World?

Norman Doidge, MD. The Brain That Changes Itself

Meyers Briggs Assessment Tool (MBTI)

Culture Change and Leadership Assessment tools