

# EXECUTIVE COACHING OVERVIEW

- ✓ Accelerate your growth and development
- ✓ Visualize, articulate & navigate career transitions
- ✓ Cultivate leadership practices that consistently deliver results
- ✓ Understand and manage complexity & growth
- ✓ Improve teamwork, relationships & communications
- ✓ Develop confidence
- ✓ Enhance productivity and performance
- ✓ Elevate professional & leadership impact
- ✓ Leverage proven techniques to achieve your career goals faster & with more ease

## MEDDLERS

MIND YOUR BUSINESS

We are always growing because the world is always changing.

With two decades of business leadership experience and a Ph.D. in Educational Psychology, my unique approach combines psychology, neuroscience, adult change theory and mindfulness. This proprietary approach creates comfort and space to access your own courage and inspiration while on your personal and executive transformation journey. I work with you to co-create customized growth plans to nurture your talents and challenge the beliefs, behaviors or narratives that may hold you back – all within the scope of your current life!



### DISCOVERY

Customized assessment process designed to create an in-depth view of your current strengths & opportunities. Includes expert recommendations to accelerate your leadership growth and performance.



### INSIGHTS & GOAL SETTING

Reflect and engage to generate personal insights that deliver relevant, balanced goals. Maximize your opportunity to produce meaningful change.



### COACHING: A CHANGE JOURNEY

A series of confidential 1:1 sessions focused on you and achieving your growth goals within the context of your current leadership circumstances. Accelerate change through proven strategies applied and customized for you.



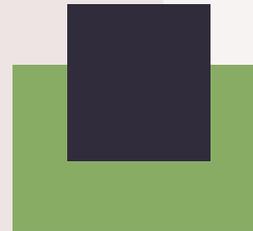
### MAINTAINING EXCELLENCE

Leadership is complex, "always on" & often lonely. Sustain & extend your leadership & executive performance with a monthly 1:1 that provides customized thought partnership & accountability designed to maintain progress & extend your growth.





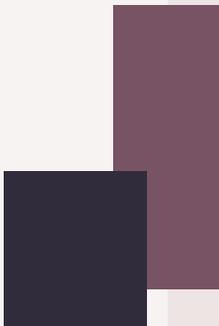
*"I have loved working with Tara. She's invested time to truly understand me and has helped me work through some of my biggest problems as I strive to grow. In our discussions, I always find myself walking away with clarity and energy, making me ready to hit the ground running in whatever challenges I am facing at the time."*



**Linda Tong**  
VP & GM  
App Dynamics/Cisco



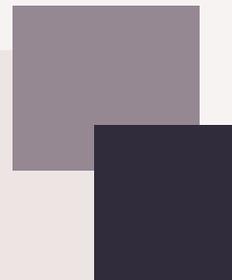
*Tara's approach to coaching is focused on making you the best version of you. She uses a methodical approach to understand the underlying drivers of personal satisfaction and then equips her clients with an operating systems that unlocks the keys to high personal and organizational performance.*



**Troy Lauderbach**  
CEO  
NovaSource Power Services



*I cannot say enough on how Tara's coaching has been instrumental in helping my career. Tara listens to understand the root of what is going on, then asks the right probing questions to get you to evolve your thinking and approach. I was able to develop a level of trust that truly allows for in-depth conversation. I highly recommend working with Tara.*



**Maurice DuPas**  
VP, Customer Experience  
Cisco

