

# 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.



# COMMON PATHWAYS



## PERSPECTIVES



## ACCELERATE

# \*DISCOVERY ASSESSMENT OPTIONS

### Personal Assessment Inventories

Personality, Values, Emotional Intelligence, Strengths, Well-Being / High Performance Readiness

### 360 Feedback

Insight about current Leadership strengths and opportunities (overall leadership or EQ focus)

### Interview Based Input & Feedback

Understand current strengths, opportunities & expectations of your leadership

- Basic: 1-2 personal inventories
- Standard: One personal assessment inventory & 360 Feedback
- Deluxe: One personal assessment Inventory, 360 Feedback & Interviews (up to 10)

