



Executive Coaching

Format

Executive Coaching

- An initial 2 hour face-to-face *Design and Discovery* session
- 2 hours of coaching per month telephone and/or face-to-face
- Email and other support as required

Sponsoring Organisation

Optional 1 hour design meeting to establish goals, objectives and assessment criteria

Design and Discovery Session

This is an initial information gathering session, where an alliance between the coach and the client is explored and agreed, setting the pattern for the future sessions

On-going Coaching Sessions

Coaching may occur in any combination of sessions from a 30 minute telephone session per week, to a 6 hour session once a quarter, however most client choose 2 x 1 hour sessions per month. The alliance is reviewed at the end of each three month period

Duration

The coaching relationship takes time to deepen, typically lasting 9 to 18 months

Cost

Fees agreed are payable quarterly in advance and are subject to VAT if sessions are delivered in the UK

Executive Coaching is designed to inspire individuals, teams and organisations to realise their full potential, by partnering them in a thought provoking and creative process. Coaching is a tool for those who want to learn, develop and grow; for those of us who wish to be the best that we can be.

By engaging a Coach, opportunities are created for conversations that we would normally be too busy to have; time to stop, think, explore, gain clarity and new insights into our work, lives, relationships and to connect us to what we really desire for ourselves. Coaches are trained to listen, to observe and to customise their approach to individual client needs. They seek to elicit solutions and strategies from the client, working from the premise that the client is already naturally creative and resourceful.

Coaching offers organisations a win/win solution in the development of their people, as it has the scope to help individuals reach their potential whilst also improving the productivity and competitiveness of the business as a whole. Coaching is a flexible resource that can deliver results, from performance orientated, goal driven objectives through to life changing transformations.

The coach will engage the client in reflective conversation, utilising powerful questions setting "homework" each week in the form of an enquiry, exercise or specific new action. The completion of homework is not compulsory, although it is important to be aware that the value from the coaching is created as much in between the sessions as during them. The more clients engage in the process, the more value they take from it.

Please contact us for more information

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