

Leadership Coaching for Women



Format

Sponsoring Organisation

Optional 1 hour meeting with the sponsoring organisation to provide feedback and context for the coaching.

One-to-One Coaching

10 hours of face-to-face coaching, conducted as 2 hour sessions once a month for 5 months. The coachee will be expected to undertake homework assignments during the coaching period.

Review Session

An optional review meeting with the sponsoring organisation at the conclusion of the coaching to discuss progress and possible areas for further coaching.

Duration

5 months

Cost

£2,000 discounted to **£1,500**
extended for 2010

Any additional coaching sessions will be charged at a cost of £200 per hour in multiples of 6 hours

Leadership Coaching for Women

Individually designed to meet the developmental needs of talented female managers who have the requisite technical knowledge and business skills to progress to senior management or board position in the future. The programme is designed to compliment formal, group based, leadership skills training by allowing the individual safe space within which they can reflect on their leadership style, work style preferences and relational skills.

Executive Coaching is designed to inspire people to realise their full potential, by partnering them in a thought provoking and creative process. Profound change is created by raising self-awareness and increasing the capacity to take responsibility for impact.

Coaching allows the individual to see for themselves how their performance can be enhanced and what changes they may need to make to optimise their promotional prospects.

Where appropriate, particular attention will be paid to the following areas as highlighted by the Women in Leadership survey:

- confidence building
- creating “appropriate” presence & impact
- increasing the ability to give and receive feedback
- refining communications skills
- exploring unconscious behaviour patterns and limiting beliefs associated with gender
- stress management and improving work/life balance

Additional Executive Coaching objectives may include: -

- increasing self-awareness
- providing a sounding board for ideas
- identifying values and goals
- assisting the transition from one role to the next
- developing leadership skills

For more information please contact Michelle Johansen on 01481 710485

Johansen Executive Coaching

Supporting profound change in people and organisations