

INDIVIDUAL, TEAM AND GROUP COACHING SERVICES

Individual executive and leadership coaching enhances a leader’s capacity and capability to achieve goals and adapt to evolving demands while sustaining personal wellbeing. By focusing on personal growth and strategic effectiveness, coaching empowers leaders to confidently lead themselves, their teams and their organizations.

Audience: Mid-career to C-Suite, ERG leader

PACKAGE	LDR	LDR+	LDR ²	LDR ³
Hours/month	5	8	12	Unlimited
Term	3 months	6 months	9 months	varies

All packages include:

- Session prep and debrief forms
- Reference materials based on coachee needs
- Engagement via email between sessions

Packages may include:

- Assessment administration and debrief
- Development planning and documentation
- 360 assessments/interviews
- Direct manager meetings

POWERED BY **R.E.I.G.n**™

Our foundational approach. May be used explicitly or implicitly in each engagement.

Team and group coaching create aligned, collaborative and high-performing teams and working groups.

Cohorts: teams and working groups based on level of positional authority and/or other shared identity, e.g., new managers, newly promoted, new to an organization, affinity group.



LEADER ROUNDTABLES

Awareness: Assessments and pre-work

Action and Application

- 60-min or 90-min semi-monthly or monthly sessions
- Set goals and identify commitments to action
- Reinforce desired behaviors and skill application

Accountability

- Share progress against commitments
- Receive coach and colleague feedback to support goal attainment

Session number is based on need.