

## 1:1 Executive Coaching for Leader Development



# Do you need to...

- » explore what matters most to you, your team or the future?
- » develop or enhance your unique and authentic leadership style?
- » improve your leadership effectiveness?
- » overcome the challenges that are preventing you from being your most impactful self?
- » lead yourself or your team through a period of transition or transformation?

If you've answered **YES** to any of these questions, then we can work together.

Leadership, in its simplest form, is creating the environment for everyone to perform to the best of their abilities. It's a function of how you lead yourself and how you lead those around you.

### Examples

Martin's leadership had been highlighted as an area for improvement yet he didn't feel comfortable with the leadership approach that the company was encouraging him to take. Over three 90 minute sessions Martin explored and developed his authentic leadership style such that he could remain true to himself, meet the company's performance requirements and make the impact he wanted to make in the way that he wanted to make it.

Charlotte had a huge drive to be impactful in all aspects of her life however she recognised that she needed to overcome feeling overloaded and burdened. Over six 60 minute sessions she was able to anchor her self-care strategies, establish boundaries and regain her sense of control so that she could enjoy the significant impact she was making.

Anton was thrilled to be appointed as the leader of an infrastructure delivery programme and wanted to ensure that his leadership effectiveness was always improving. We met monthly for a 90 minute session whilst he led the team through a major transition, working on his leadership challenges as they arose, so that he could make the significant impact that he aspired to.

Another client said *"Ann is encouraging in a way that enables clarity which in turn enhances my drive and impetus to achieve. She has a great way of challenging and holding to account which is effective yet compassionate and I recommend her wholeheartedly"* Director, KPMG

### When you work with me, you can expect to



**GET CLEAR**



**GET EQUIPPED**



**GET GOING**

#### Executive Coaching is:

Executive Coaching is a partnership between the Coach and Coachee which is driven by the needs of the Coachee. It is a non-directive yet powerful, focussed and effective approach. It provides the environment for exploration and new insights to enable fresh impetus for taking action.

I work in accordance with the International Coaching Federation (ICF) Code of Ethics which you can access at <https://coachfederation.org/code-of-ethics>.

I don't tell you what to do. You will leave with fresh insights, awareness and answers but you won't have been 'told' anything. It is distinctly different from consultancy, informal training and mentoring

I work with you with no expectation that you will buy a package. Sessions are usually 60 minutes and can be held by phone, Zoom or in-person.

Research suggests that the single most important factor for successful coaching is the quality of the relationship. That is why I offer a complimentary, Exploratory Session after which we can both ask ourselves: "Are we a good fit?"