

## EXECUTIVE COACHING – THE MANTRA FOR SUCCESS



Every successful Leader needs a Step up into the next level.

As the CEO of your Organization, you have successfully built and run the business, dreaming of an idea, building it, managing the resources, creating a pathway to success, etc.

What next?

Have you had people ask these things to you – Who next in your position? What next for yourself? What is now your mission in your career and life?

Have you thought about your health? Are you spending enough time for yourself and your family?

All the Heads of Organizations and businesses are faced with these questions. Do you have these questions? Have you considered having some developmental conversations with somebody who has the experience on these conversations? Maybe you need a coach.

## Where Coaching Can Help

Here are a few examples of questions that you can answer with the benefit of coaching:

- How can I manage my time better to achieve all I want in life?
- What should I do next in my career within the organization?
- How can I reduce the stress in my job or my life?
- How can I achieve a better balance between work life and home life?
- What skills do I need to grow and develop further?
- How can I improve my relationship with a specific colleague?

## What is Coaching

Coaching is a useful way of developing people's skills and abilities, and of boosting performance. It can also help deal with issues and challenges before they become major problems.

A coaching session will typically take place as a conversation between the coach and the coachee (person being coached), and it focuses on helping the coachee discover answers for themselves. After all, people are much more likely to engage with solutions that they have come up with themselves, rather than those that are forced upon them!

## Why Coaching?

### **3 Great Statistics on Coaching Effectiveness (International Coach Federation)**

The International Coach Federation surveyed coaching clients for demographic data and feedback on the value of coaching. All had a formal, on-going relationship with a coach with an average duration of nine months.

#### **Value of Coaching:**

- 70% very valuable
- 29% valuable

What you get?

### **An opportunity to**

- Pattern interruption.
- Conscious goal commitment.
- Clarity
- Chunk down the big goals
- Accountability.
- Real-time feedback
- Inquiry

### **Duration of Coaching**

Once every two weeks for about an hour. The engagement runs for six months