

Coaching: Personal and Executive

***I offer my clients what I want from my own coach.
Simple, comprehensive, flexible and straightforward.***

- We will meet by Zoom and develop your goals for coaching.
- Most Executives are also real people, the lines can blur. In our Executive Coaching sessions, we will get curious about your whole life, as you choose and as it impacts or gets in your way.
- Regardless, will look at the stories that are supporting you and the stories that are getting in the way of your goals.
- We will work on StoryJacking: shifting and transforming the stories that are no longer of service to your goals, your personal growth, your career, and develop new storylines for your success.
- You will have complimentary text and email access for quick questions between sessions.
- You will have a set of Action items at the end of each session.
- We will begin each session by finding out where you are, what your insights are, and what you want to focus on.
- This is your coaching and you are at complete choice for how you need to move towards your goals. We will explore anything that's getting in the way of your progress.
- You will have access to many tools and worksheets to explore and develop your awareness.