



# EXECUTIVE COACHING

“ Coaching with Justin was an eye-opening experience. He helped me realize my triggers that impacted trust and connection. He forced me to look at things differently, and I encourage anyone looking for an executive coach to talk with Justin. ”

- Brian, Chief Technology Officer

## COACHING LOGISTICS

- Paid for by the organization
- 6-12 month commitment
- 3 sessions per month
- 75 minute sessions via phone
- Unlimited email support
- EQ 360 Assessment
- Additional resources provided
- Manager check-ins included

### WHY EXECUTIVE COACHING?

Executive coaching is designed to help leaders close the gap from where they are today to where they want to be in the future. Our coaching challenges leaders to look at themselves, develop stronger self-awareness, and transform their awareness into results for the organization.

### EXECUTIVE COACHING CAN HELP YOU

- Disrupt the current behaviors holding you back as a leader
- Take responsibility for your energy and presence
- Navigate career transitions successfully
- Build a plan to increase team engagement & effectiveness
- Obtain candid, relevant feedback on your performance
- Communicate with stronger impact and credibility
- Improve your overall emotional intelligence
- Form authentic relationships built on mutual trust
- Coach others in a way that drives personal accountability
- Cultivate stronger influence in their organization

### 1 EXECUTIVE COACHING PACKAGE

- 6-12 month commitment from coach, client, and organization
- Over 16 hours of individualized virtual coaching
- Pre and post emotional intelligence assessment included

