



## What is coaching?

**Coaching is a collaborative journey the coach and client make together. It's an opportunity for clarity and creativity as you set goals and chart your success. Perhaps you sense a need for growth. Or you've been asked to level up your leadership skills. Either way, coaching can be life-changing.**

### **Effective coaching begins with a conversation.**

Great coaches are great listeners. Chris' approach to coaching is thoughtful, deliberate, and intentional. Conversations with Chris often begin with questions as he creates an environment that supports personal reflection and growth. Chris believes each client is the expert in their own lives and that an unbiased coaching partner is often what's needed for a personal and professional breakthrough.

Everyone possesses great potential, but auto-pilot patterns trip up even the best leaders. Chris' coaching style allows clients to learn more about their values, leadership style, and objectives. When leaders' values and goals are in alignment, they can create positive change for themselves and others.

### **Coaching that gets results.**

As you develop greater awareness and effective habits, you can expect to become a leader with:

- ✓ **Greater Flexibility:** You will adapt and shift plans in real-time when the current plan no longer produces results.
- ✓ **Richer Creativity:** You can generate innovative options and recommend agile moves in the face of complexity.
- ✓ **Deeper Presence:** You'll show up motivated to continue growing as a whole person as you balance personal and professional aspirations.
- ✓ **Exceptional Value:** Your superior performance will produce significant value for your teams and stakeholders.



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## **Chris' coaching style.**

Challenging questions are part of the coach's craft. As Chris asks questions and gets to know you, he'll adjust the focus to your preferred approach. This co-creative process is all about you and what matters most for your success.

Chris' approach isn't prescriptive since the best results come from inner growth emotionally, physically, spiritually, and cognitively. The primary goal of coaching is to help you identify and tap into your intrinsic leadership capacities for effective action.

## **The collaborative coaching process.**

Together, you and Chris design the coaching process. You share your goals and choose your preferred approach from several coaching elements.

- ✓ **Discovery and Design:** You establish your desired outcomes and jointly agree to expectations, success measures, protocols, etc. You're in control of the partnership and coaching can be adjusted whenever you wish.
- ✓ **Individual and 360° Assessments:** These assessments allow both you and Chris to better understand how you approach work, leadership, and personal growth. Once you know your assets, you'll explore how to use them skillfully and effectively as you bridge leadership gaps.
- ✓ **Targeted Coaching at Your Growth Edge:** Typical coaching engagements start with eight 60-minute sessions. You decide on the pace and scope of your tailored process. Remember, we are always focused on your top concerns each time we meet. Future sessions can be shorter or longer, depending on your preference. Sessions can be combined with assessment coaching as you choose.
- ✓ **Wrap-up Session and Evaluation:** You and Chris will review your outcomes, overall experience, and discuss the next steps.
- ✓ **Total Fee for the Engagement:** Fees are based on the scope of the engagement and cover all of the preparation, materials, assessment analyses, etc. This fee is flexible and can include payment plans.

## **Start your coaching journey.**

Collaborative coaching requires readiness, openness, and risk on the part of the client. It requires creativity, consistency, and clarity on the part of the coach. Chris will challenge your ideas without judgment or agenda. Together, you'll look beyond what you previously believed possible!

