

Coaching for Success

Leaders meeting the challenges of today

Competency & Skill Will Only Take You So Far

Effective Leadership also depends upon who you are & how you engage others

Coaching is the process of helping people and teams perform at the peak of their abilities. It involves drawing out people's strengths, helping them bypass personal barriers and limits in order to achieve their personal best, and function more effectively as members of a team.

Effective coaching frequently addresses multiple levels of learning and change in order to help people bridge the gap from where they are today to where they want to be.

The Back Story

- ❖ We are a collaboration of master coaches committed to seeing our clients develop and thrive authentically both professionally and personally.
- ❖ We acknowledge that each of us has her own unique set of experiences, talents, personality traits, beliefs, and drivers just beneath the surface that influence our energy, happiness, and impact in the world.
- ❖ We are experts in quickly grasping a situation, challenge, choices, behavior, and context. We are able to bring you fresh perspectives and resources through probing questions and observation.
- ❖ We have worked across industries and professions helping executives grow as powerful authentic leaders.

When to Engage a coach

- ✧ During times of change in leadership, position, strategy, or accelerated growth
- ✧ To maximize positive team dynamics
- ✧ When you or your employees need perspective, feedback, or to reimagine possibilities
- ✧ When your leadership style is out of sync with the evolving culture of your organization
- ✧ To cultivate confidence, possibility thinking, health, and resilience
- ✧ For spot coaching – a moment of opportunity, a critical conversation or decision, a specific objective

Coaching is a vigorous interactive process. It involves deep conversation, commitment to a goal or vision, expanding relationships, often building new habits and behaviors, and completion of tasks.

You will walk away with more skills, agility, endurance, courage, and possibilities!

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Cheryl Alexander & Associates

Leaders Engaging Hearts and Minds

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