



# Executive and Leadership Coaching

You are a leader who wants to be both successful and happy, and to have high-performing team members that are also engaged, productive, adaptable, successful and fulfilled, allowing you to focus on the big picture, broader scope and strategy, and innovative, forward-moving momentum.

Executive and Leadership Coaching provides you a platform to gain new insights, have a sounding board to vet ideas, strategies and challenges, and create a realistic plan to act on them. Coaching also supports you to:

- Be fulfilled and maximize your potential
- Develop and engage your team and stakeholders
- Adapt and support your team to transition with complexity and change
- Focus on the bigger picture, organizational and stakeholder alignment, and positive forward momentum
- Achieve your goals

**Spark Success** provides coaching to executives and leaders and their teams. Coaching is tailored to the goals of each person, team and/or organization. First, we get clear on what it is a client wants to achieve through coaching, set a baseline measurement for each goal, coach towards the achievement of those goals, and support clients with the opportunities and challenges along the way.

## Process:

1. Book Exploration Call
2. Complete Coaching Agreement and Welcome Package
3. Get started!
4. Includes:
  - Welcome Package
  - Initial 6 or 12 month coaching term
  - 2, 55-minute coaching sessions per month
  - Optional quick check-in's by the client with the coach
  - 3-month reviews to reflect on progress and refine goals
  - Resources (eg, articles, free assessments)
  - 1, third-party assessment that the Coach is qualified to administer

