



What is your Coaching Challenge?

Your World

1. You are driven to achieve. You want more for yourself, your organization and perhaps even the greater world.
2. Your days are often chaotic with a multitude of complex demands. Thus, you often run on adrenaline as you move rapidly from one thing to the next.
3. You care deeply for those around you and want only the best for them.
4. You are keenly aware that what is best for the organization and what is best for the individual may at times be in conflict with one another. Evidence of that reality has now hit very close to home.
5. Others see you as focused, purposeful and tenacious. And you will admit you sometimes get testy; perhaps others would say edgy or curt. With today's reality, you may need to add vulnerable and emotional to how you are feeling.
6. You are self-aware and evolved. You have a good sense of your strengths and how you best contribute to your organization.
7. You also know what your weaknesses and triggers are. Sometimes they will sneak up on you and surprise you. In those moments you find yourself deeply disappointed in you and wonder, "Why do I keep thinking, feeling or doing *that*???"
8. You often think there must be an easier way for you to manage everything more effectively, whether it is managing yourself, your team or other organizational challenges.
9. And balance in your life? What in the world is that in today's business environment?
10. You can't help but wonder if there is something you haven't been exposed to yet in the world of individual or leadership development that could make the difference.
11. And now you have been hit with uncertainty. There are massive changes coming in your organization in the very near future, which mean big changes for you too.

What You Want (for Yourself)

1. You want to know that in addition to doing the right things, who you are being is also evident.
2. Though others rarely see it, you want to minimize the internal churn, the questioning and the critic that shows up at the most inopportune times.
3. You want protected time on your calendar, perhaps just once or twice a month, with someone you can trust, someone with whom you can be completely open and hear yourself think.
4. You want a new way of being, a "leadership of self" that will enable you to lead and live your life grounded, centered and present, both when things are going well and especially when they are not.

My Offer to You:

1. My offer to you includes a *lived appreciation* for who you are, where you have been, your struggles and especially of your humanness.
2. I want for you what you want for yourself. I have no agenda other *than your* agenda.
3. You will receive a depth of personal attention that is all about you and what matters to you.
4. Nothing you bring to our conversation is daunting to me. I am willing to venture into sticky or sometimes uncomfortable territory if it is where you are and what you need.
5. In every conversation, there will also be an abundance of empathy and support regarding the challenges you are grappling with as we work. You won't be judged.
6. I appreciate that at times you may feel stuck or baffled. It is those times when I may be particularly helpful to you.
7. You will get a sharp thinker and a thought-partner.
8. Our space will be a safe space for you to be you. Wherever you are in your thought process is OK. That is where we will start.

My Tool Kit

As we focus on the challenges and complexities as a leader, they often are also the spring-board for your deeper learning as an individual. The work we do is supported by:

1. Presence-Based Coaching
2. Growth Edge Coaching and how you make meaning of your circumstances
3. Weaving in practices around Mindfulness and increased somatic awareness
4. Traditional leadership development approaches, including stakeholder feedback and a multitude of assessments from which to choose, if relevant to achieving your goals.

Now What?

If what's here speaks to you, this may be a good time to reflect upon the following questions:

- When you are at your best, how would you describe your "leadership of self"?
- What could be the benefit to you to receive the support described here?
- What is your motivation to do this kind of work?

After you have reflected on the above, you may feel a conversation would be helpful. I am happy to answer any questions you may have and describe the coaching process more specifically. I want you to have the information you need so that you can decide if our working together would be a benefit to you. This may or may not be the next step in your development in your leadership of self. Be assured, I believe the only person who can make that decision is you. Once you decide you are ready, the rest we will do together.