



1-to-1 Leadership Coaching Service

A Holistic Approach to Increasing Your Leadership Range and Agility

About 1-to-1 Leadership Coaching

The adage “what got you here won’t get you there” couldn’t ring more true in today’s dynamic marketplace. As the speed of change increases, our ability to learn needs to keep pace. Indeed, our *learning agility* is now our only true source of competitive advantage. It’s no longer enough for leaders to take a leadership development course once a year. Learning needs to be embedded in the day-to-day business environment. We must get comfortable with learning our way forward as leaders if we are to be fit for the 21st century. Our 1-to-1 Leadership Coaching Service provides leaders with a flexible and sustainable learning process that can result in significant change over the course of 6 months including: increasing agility, enhancing performance, influencing critical stakeholders, driving organization change, fostering innovation and more.

A Coaching Service Offered By:
The Team Coaching Zone, LLC.



The Coaching Journey

Over the course of 6 months, the coaching client will engage with a Professional Team Coaching Zone Coach for 10 (45-60 minute) sessions designed to support & challenge the leader to take it to the next level. The coaching process includes:

Stage 1: Visioning

- Client exploratory interview
- Designing the coaching alliance
- Exploring the leader's vision/purpose

Stage 2: Discovery

- Assessing strengths & gaps
- Psychometric Assessment, 360 Feedback & Shadow Coaching
- Clarifying change goals

Stage 3: Learning & Experimentation

- Experimentation: Action-Learning
- Engaging key stakeholders
- Video Feedback Coaching

Stage 4: Concretizing Behavioral Change

- Sustaining momentum & change
- Measuring & celebrating progress
- Exploring future opportunities
- Closing the coaching relationship

Role of the Coach

The transformative learning required to engage and to develop a client's full leadership potential is an emergent process of co-creation between leader and coach. Learning occurs both during as well as in between coaching sessions. A wide-range of learning modalities are deployed to foster learning and may include:

- Assessments
- Cognitive embodiment
- Video feedback coaching
- Visioning
- Guided visualizations
- Action-Learning experiments
- Shadow coaching
- Engaging critical stakeholders

Key Benefits

- ✓ Accelerate learning and performance
- ✓ Achieve personal and professional goals
- ✓ Expand your range and agility
- ✓ Identify blind-spots and barriers to success as a leader
- ✓ Increase self-awareness and agency
- ✓ Learn to lead with your full being: cognitive, affective, intuitive, passionate, tactile, and environmental



Sign up for One-to-One Leadership Coaching Today!

For More Information Contact:

- Krister Lowe, PhD, CPCC, Leadership & Team Coach
- krister@teamcoachingzone.com
- +1.917.664.0640
- http://www.teamcoachingzone.com/products_services