



# Coaching for HR Professionals

*"Coaching is the universal language of change and learning" -CNN*

Being an HR professional require confidentiality, grace under pressure, and the ability to make good decisions. It isn't uncommon for an HR professional to feel isolated and that they don't have anyone internally who can provide support.

Often, HR provides employee development and support for the organization, but they don't do the same for themselves. That's why we're offering a coaching package that is specifically designed for HR professionals. We understand your needs, because we're HR professionals too!

Our program offers coaching support for common issues such as:

- Developing leadership skills, with or without a formal leadership role.
- Effective decision-making, especially with ambiguous information.
- Time-management and boundary setting for stress management.
- Internal career development guidance.
- Building confidence and self-awareness for greater effectiveness in your HR role.
- Successfully moving through change with resilience.
- Developing self-care strategies for stress management and balance.
- Learning tools for enhancing your HR work on a day-to-day basis.

**98% of HR leaders say the pandemic has transformed their role; 70% say this has been one of the most challenging times of their career.**

- Paychex pulse of HR report

**99% of individuals and companies who hire a coach are "satisfied or very satisfied" and 96% say they would repeat the process.**

- ICF Global Coaching Client Study

## Introduction to Coaching

This program is designed for those **curious about coaching**. This 4 month program includes:

- Four sessions with an ICF certified coach.
- Unlimited email support between coaching sessions.
- A professional assessment. EQi 2.0, DiSC, or CliftonStrengths.

## Coaching for Impact

This program **focuses on key areas of growth**, overcoming defined or immediate challenges or for rapid growth and development in a new position. This 6 month program includes:

- Twelve sessions with an ICF certified coach.
- Unlimited email support between coaching sessions.
- A professional assessment. EQi 2.0, Leadership Circle, DiSC, or CliftonStrengths.
- Access to leadership resources, tools and a special gift to support your learning.

## Coaching for Growth

This **unlimited subscription** program is designed to focus on continuous and sustained leadership growth and skill development, equipping the leader to rise to the challenge of their current position or prepare for additional responsibility. This 12 month unlimited subscription program includes:

- Unlimited coaching session each month with an ICF certified coach.
- Two professional assessments. EQi 2.0, Leadership Circle, DiSC or CliftonStrengths.
- Internal career development coaching including resume review, and networking strategies.
- Access to leadership resources, tools and a special gift to support your learning.
- Up to four sessions to integrate tools and lessons from our Leader Development series.
- Complimentary access to any public or invitation only offerings provided by AccessHR (leadership workshops, speaker events etc.).

Reach out for more information about how we can customize a package for you or a member of your team.



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