



Leader and Executive Coaching

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

It's lonely on the upward journey and even lonelier at the top! All leaders require grace under pressure, emotional intelligence, and the ability to maintain confidentiality and make good decisions.

For leaders in the spotlight a coach can provide support, weigh in on sticky internal issues or difficult decisions, or be a sounding board. That's why AccessHR is offering coaching that is specifically designed for leaders at all stages of the leadership journey. Our ICF certified coaches blend their personal leadership experience and coaching skills to support you with the tools, skills and advice that you need in order to achieve your growth and development goals.

Coaching is an effective tool for people who are seeking change, growth, and greater success focusing on:

- Leadership skill and confidence development for new and current leaders
- Recognizing and owning accountability for growth and change
- Building trusting relationships with peers and direct reports
- Providing internal career development guidance
- Successfully moving through change with resilience
- Developing self-care strategies for stress management and balance
- Aligning personal brand and values with work behaviours and decisions
- Executing on strategic initiatives with confidence and intention

Our coaching packages provide options to meet your needs. Contact us for more information about how you can customize a package for yourself or a member of your team.

Coaching is unlocking a person's potential to maximize their own performance. It is helping them, to learn rather than teaching them.

- Timothy Gallwey

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

Foundation Program

This program is designed for leaders **who are working on immediate priorities or challenges, undergoing rapid change, growth or career progression.**

This 3 month program includes:

- Collaborative meeting with the designated organizational leader to identify priorities and objectives.
- Four sessions with an ICF certified coach.
- Unlimited email support between coaching sessions.
- Summary session with the designated organizational leader.

Leadership Growth Program

This program **focuses on key areas of growth** including overcoming challenges or embracing opportunities for development. It is well suited to those focused on growth in a current position, or in preparation for a new position.

This 6 month program includes:

- Six sessions with an ICF certified coach.
- Optional collaboration with designated organizational leader.
- Unlimited email support between coaching sessions.
- A professional assessment. EQi 2.0, DiSC, or CliftonStrengths.
- Internal career development coaching and networking strategies.
- Access to leadership resources, tools and a special gift to support your learning.

Executive Unlimited Support Program

This **unlimited subscription** program is designed to support the executive as they embrace the challenges and opportunities associated with organizational leadership.

This unlimited subscription program includes:

- Unlimited coaching sessions and email support with an ICF certified coach.
- Two professional assessments. EQi 2.0, Leadership Circle, DiSC or CliftonStrengths.
- Access to leadership resources, tools and a special gift to support your learning.
- Access to, and instruction on, tools and lessons from our Leader Development series.
- Complimentary access to any public or invitation only AccessHR offerings, (leadership workshops, speaker events, etc.).

