



Leadership Coaching Module Guide

Leadership Coaching is a flexible experience, meaning content is pulled in when you need it. You'll always begin with Kickoff and Onboarding and end with Closeout, but what happens in between is tailored to your goals. Here are the modules you and your coach can leverage throughout your journey.

Kickoff and Onboarding

Begin to develop your relationship with your Leadership Coach and explore how you want to grow throughout the engagement.

Triad

For individuals engaging in Leadership Coaching with support from an internal sponsor, you'll meet with your sponsor and coach to align to a set of shared expectations and development goals.

ELI Debrief

Deepen your understanding of conscious leadership as you unpack your personal ELI assessment results and identify areas for growth.

Goal Setting and Execution

Work with your coach to design clear and compelling goals, identify milestones, develop tracking mechanisms, and measure progress.

Issue Processing

Get unstuck as you articulate the problem you're experiencing, get clear on what you want instead, identify blockers, and get ready to take action.

Preparing for Vital Conversations

Get ready for a difficult or important conversation as you explore the real issue at hand and define what you want to achieve.

Exploring Your Core Values

Define or refine the guiding principles that govern your life and use them to shape and direct your life in a meaningful way.

Personal Purpose, Vision, & Mission

Deepen your understanding of who you are and what you stand for, tailor your personal purpose, vision, and mission, and create a personal guide for decision-making and goal setting.

Leveling Up

Learn a repeatable process for evaluating your life satisfaction and craft a plan to take any part of your life or leadership to the next level.

Shaping Your Image

Let go of who you think you are and become the person you were meant to be as you explore how to consistently speak about and express yourself.

Understanding Negative Self-Talk

Tame your inner critic as you grow to understand the negative voice in your head and explore letting the voice maintain control vs. replacing it.

Closeout

Thoughtfully wrap up your coaching experience as you reflect on your journey, celebrate your progress, and commit to what comes next.