

Typical Session Activities

Assessment of issues to be addressed

This initial step lays the foundation for the work. This work represents a highly efficient approach to the achievement of personal and professional growth. Sessions are both structured and solution-focused. The identification of initial goals does not preclude the addition of others, subsequently (in fact, in the working phases, it is often the case that new issues or previously unknown dimensions of identified challenges emerge).

Confrontation of the issues

Examination of the role of thoughts, emotions, and behavior –freeing yourself from...yourself
The fundamental theory underlying this idea is that one's thoughts, feelings and behaviors are causally linked. The process of uncovering the ways in which this linkage has been expressed in a particular individual can be extremely complex. It requires a level of analysis in which most individuals do not engage outside of the exceptional coaching or psychotherapeutic relationship.

Development of solution-focused plans

Reviewing and consolidating lessons/info acquired

Potential Goals of Executive Coaching

Find a new and deeper level of self-knowledge and awareness

Broaden your behavioral repertoire

Extend your emotional and cognitive response repertoire

Deepen your knowledge of the motivations of others and of yourself

Reduce the impact of unconscious conflicts

Bolster your availability for growth and learning

Enhance your management capabilities, particularly as regards leadership and decision-making

Develop skills to cope more effectively with role strain (non-work vs. work demands)

Achieve greater career satisfaction

Improve your crisis management skills

Acquire improved tolerance of ambiguity and diversity

Identify and minimize the impact of conflicts in your work and personal relationships

Acquire improved tolerance of ambiguity and diversity

Stress and Anger Management

Improved sleep and relaxation

Productivity enhancement

Use of forgiveness as a tool for personal growth

Improved concentration and memory

Development of constructive self-evaluations

“The Tools” available in coaching

Focused cognitive analysis

Analysis of self-evaluations

Style of discourse analysis

Emotional introspection

Use of forgiveness for personal growth

Instruction regarding the creation and effective use of mantras