

# Coaching

## What is Coaching?

The essence of coaching is truly supporting individuals, to raise their awareness that will empower them in becoming who they want to be, live their best life and create impacting change.

*Are you open to unlocking your potential?*

Coaching is a partnership, like walking side-by-side, coach and client.

Coaching helps each client to achieve their personal best and to produce the results they want in their personal and professional lives.

## Leadership Coaching

**FACT:** The coach does not need to be an expert in their clients' field of work.

**MYTH:** Coaching is NOT teaching, training, mentoring, consulting, advising, therapy, nor counselling.

## Coaching Leaders:

Leaders have a lot on the go, managing business, teams, performance metrics, clients... there are many moving parts...and I know that Leaders are also high achievers and strive to live an amazing life of adventure, achievements and high expectations.

————— *Is Now the right time for You?* —————

*flow*  
**OVER**  
...because you're not here to be Average...

# Leadership Coach



"Kimberly advocates for **your** success - in business and in your personal life."

**I like to say, I'm your biggest fan and cheerleader!**

**I am inspired by people's courage, leadership, self-development, adventures and their BIG DREAMS!**

I understand Human Resources. I know Emotional Intelligence, Positive Psychology and leading a team... if you are ready to be activated to make things happen - I'm your Leadership Coach.

You are here because you are the best at what you do., you can be compassionate and highly successful. You are busy and not everyone can keep up with you! I am here to be just as determined, just as energetic to (re-)build flourishing teams, to deliver results, and live life vibrantly successful.

**Are you prepared to navigate the current environment?**

*There are many types of Human Resources Consultants and Leadership Coaches that provide support to Leaders.*

*How do you know if Leadership Coaching & Strategic HR Consulting with Kimberly, is best for you?*

If you are a leader that needs a bi-weekly conversation, and a safe space to think strategically about

- ... leadership and "people issues"
- ... people and culture
- ... (re)building the team

and

- ... want to experience more adventure
- ... need to make space for so much more to achieve

Then reach out, **let's get started.**

*Unlock Potential. Decrease Mediocrity.  
Rebuild. Regain Control.*



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