

EQUITY THROUGH ACTION

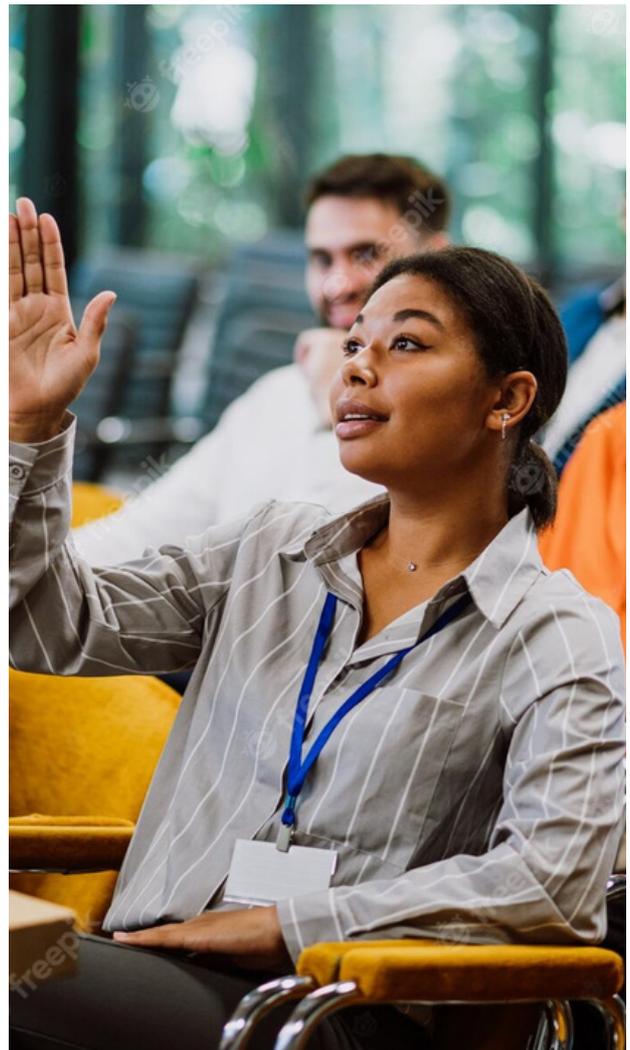
Coaching Guide



www.equitythroughaction.com

Why Work With ETA?

- We help clients **connect to their leadership development potential**, and support them as they clarify their goals.
- Our goal is to offer a space based on **trust, confidentiality, non-judgment**, and **deep listening**.
- We believe the client is the expert in their experience; the coach is the expert in facilitating inquiry. The client interprets their own situation and can find their own answer. **We guide**.
- We focus on what is blocking the client from their vision of effective leadership.



Coaching Types

Functional Coaching - Emphasizes how you **lead tasks** and what **behaviors influence** how you get things done and **communicate** with others.

SESSIONS FOCUS ON:

Developing and applying tools, knowledge, skills to identify best practices, behaviors, and actions that reinforce effective leadership and managing others.

TOPICS MAY INCLUDE:

- Self-Awareness
- Inclusive Leadership
- Addressing Power Dynamics
- Managing Up
- Goal Setting
- Conflict Resolution
- Decision Making
- Interpersonal Communication



Coaching Types

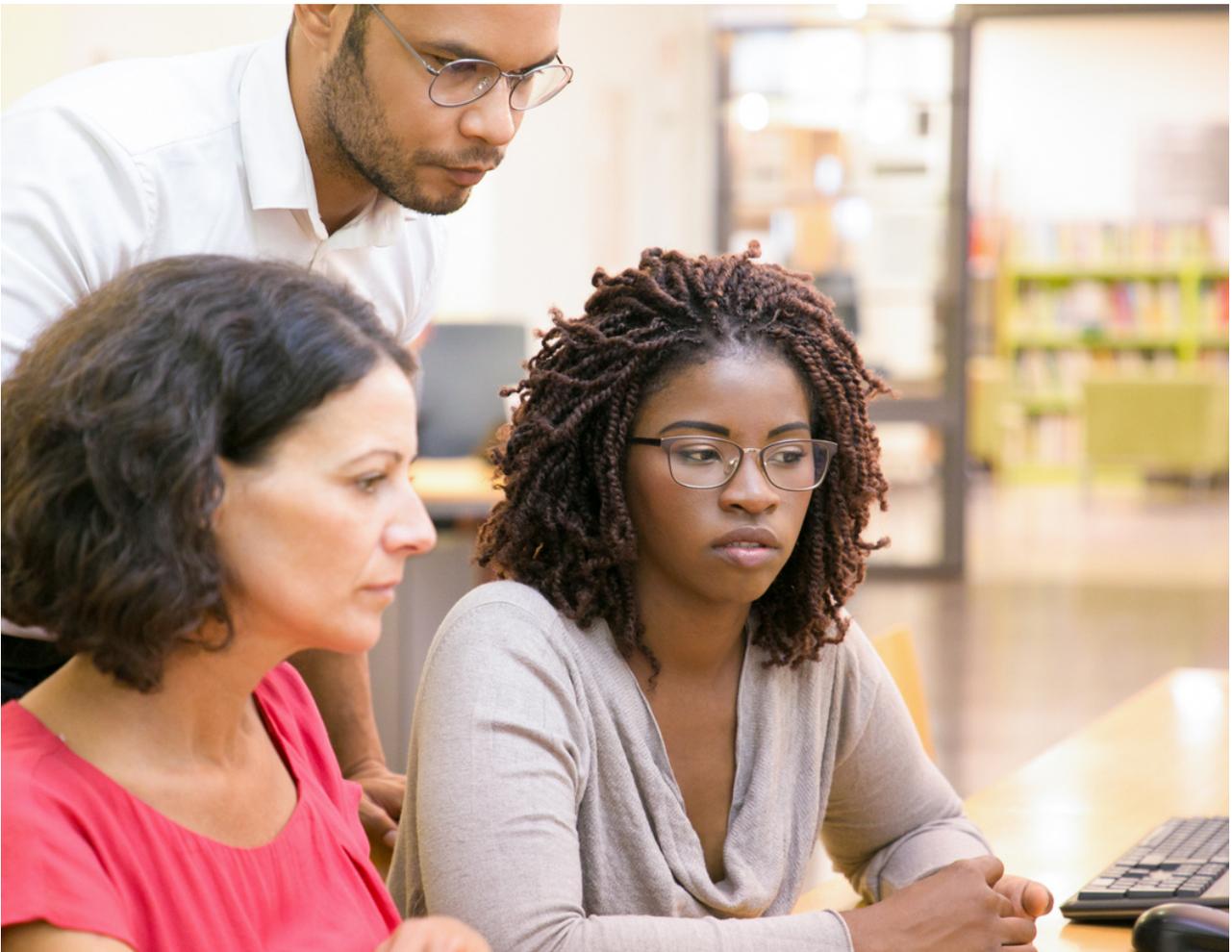
Transactional Coaching - Focuses on **actions**. It's about **performance**.

Results from transactional coaching are focused more on **short-term actions**, options to explore achievement of desired goals and improved performance. It largely involves working with another person to help them develop clearly self-set goals, which are then pursued to success.



Coaching Types

Transformational Coaching - Focuses on the person and integrates the science of Positive Psychology with the theories of transformative learning. It is designed to **increase awareness** and **deepen the learning experience**, creating a powerful shift in thinking to enable a deep and sustainable positive change. The focus is to implement changes that will impact the person holistically.



Interested?

SESSION FEES

Includes assessment,
Action Plan, Resources
(60-75 minutes or 30-45 minutes)

Four Month Plan \$4800

Seven Month Plan \$9600

Ten Month Plan \$14,400

One Year Plan \$19,200



READY TO BOOK? CONTACT:

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