

Executive & Personal Coaching

What is it?	A process through which executives and leaders at all levels of an organization are helped to measurably improve their performance and personal effectiveness while reducing stress
Who is it for?	Anyone at any level of an organization who wants to experience a fresh perspective
What are the benefits?	The coaching experience offers a rare opportunity to stand back and take a fresh look at the experiences and assumptions of a lifetime. It facilitates enhanced self-awareness required for sustaining positive change
Where does it take place?	It's your preference; In person, phone or via a Zoom meeting
How do I get started?	Click here to go to the "Let's Connect" page or send an email to chris@theglcoach.com

Coaching Process At-a-Glance

	Who is it for?	Learn to (examples)	How does it work?
Personal Coaching (paid by the individual)	Individuals, Couples, Students	<ul style="list-style-type: none"> • Listen without judgement • Communicate effectively • Prepare for a job change • Interview with confidence • Goal setting 	<ul style="list-style-type: none"> • Three coaching sessions a month • Initial 90 minute Discovery session • Unlimited access by email and phone (5-10 min "power calls") • Development of an Action Plan
Professional Coaching (paid by the organization)	Entrepreneurs, Executives, Team Leaders, Directors, Managers, Supervisors	<ul style="list-style-type: none"> • Communicate effectively • Interact constructively • Find meaning, purpose, and significance, • Navigate a difficult work/life transition • Find clarity and plan strategically 	<ul style="list-style-type: none"> • Three coaching sessions a month • Initial 90 minute Discovery session • Unlimited access by email and phone (5-10 min "power calls") • Development of an Action Plan

Contact Chris Foley at chris@theglcoach.com for further information.