

# PERFORMANCE COACHING

VS

# TRANSFORMATIONAL COACHING



Goals, action, productivity

Focus

Alignment, identity,  
inner clarity



What you do

Drives

Who you are



Tactical, structured

Approach

Reflective, awareness-  
based



Short-term Outcomes

Impact

Long-term  
Transformation



Efficiency, execution,  
momentum

Outcome

Authentic leadership, clarity,  
grounded confidence



My approach is transformational — designed for founders and leaders who want more than just another to-do list. It blends honest reflection with practical strategy, helping you lead with clarity, alignment, and steady momentum. **Book a free consult** and let's talk about what's keeping you up at night.

**making**   
**missions**