



EXECUTIVE ASSESSMENT & COACHING

REFLECT, ADJUST ... ACHIEVE!

Achieve your career aspirations with the help of a dedicated Executive Coach - your personal Career Sherpa! Through this transformative process, we'll help you receive - even cherish - direct feedback with grace, develop a clear view of your driving and restraining forces, then experiment with tools and techniques to adjust your approach and unleash your best self. And we'll do it with a mix of candor and care that encourages you ... every step of the way.

ENGAGEMENT DETAILS

Target audience

- C-suite executives
- Senior leaders
- High-potential talent

Time investment

- Fully flexible & tailored engagements ranging from 1 day to 6 months

Coaching process options

- Sponsor intake discussion
- In-depth Leader/Coach get-to-know
- Up to 12 live 360 insight interviews
- DiSC profile assessment
- Comprehensive insight report
- Leader/Sponsor debrief
- Action planning
- Closing pulse session & insight report
- Unlimited ad-hoc support throughout
- Access to the Upstream HR content library

LEARNING OBJECTIVES

Coaching participants will ...

- Learn to **seek and receive feedback** with grace, viewing it as inspiration to improve
- Gain an unfiltered view of your current **leadership brand**
- Understand specific "**driving forces**" that have fueled your success thus far
- Explore specific "**restraining forces**" that can limit your success if left unaddressed
- Discover, practice and master techniques to understand behavioral triggers and **adjust your response**
- Learn to maximize driving forces and minimize restraining forces, while remaining true to your **authentic self**
- Receive candor, care, encouragement and **unwavering support** from your coach ... every step of the way