



EXECUTIVE COACHING

Kelarien Consulting

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PROGRAM

Session 1

Assessment and goal-setting:

- Current role and goals
- Set goals for the coaching program: PACT/ SMART / GROW/ HARD
- Identify key strengths and areas for development

Sessions 2 and 3

Leadership style and interpersonal skills:

- Explore your leadership style and how it impacts your relationships with others
- Identify areas of improvement for your interpersonal skills
- Develop strategies for building stronger relationships

Sessions 4 and 5

Communication and presentation skills:

- Redefine your communication and presentation skills
- Giving and receiving feedback
- Develop your communication plan



"Oscar has made a significant impact on the growth and development of over hundreds of engineering and product leaders. His active listening skills and empathetic approach enable him to truly understand the needs of those he coaches, which has been instrumental in helping them reach their goals"

Quang Hoang, PlatoHQ.com CEO



I can testify Oscar's ambitious and enthusiastic way to lead any person at the highest level. Anyone who has the opportunity to work with him can attest to his efficient and effective communication, creative thinking, professional and ethical conduct.

Nassem Harouna, SAC France at Proclinic

Session 6

Strategic thinking and decision-making:

- Improve your strategic thinking and decision-making skills
- Learn how to gather and analyze information
- Develop a decision-making process

Session 7

Time management and stress management:

- Improve your time management and stress management skills
- Learn how to prioritize tasks and delegate effectively
- Develop a stress management plan

Session 8

Coaching in action / Challenging situations:

- Managing a larger team, team culture
- Promotion and negotiation talks
- Coaching a challenging subordinate
- Public speaking

Session 9

Accountability and follow-through:

- Discuss accountability plan
- Develop strategies for staying on track
- Explore your personal development goals

BONUS SESSION: Develop a growth mindset:

- Create a plan for continued learning and development
- Plan for your continued growth

PRICING

Cost of the Executive Coaching Program: \$1,499

- 10 individual and live coaching sessions
- Email support In-between sessions
- Installment options available for payment



Ready to begin?

- Book your free consultation [here](#)
- Visit my LinkedIn
- Visit my website

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