

LEADERSHIP COACHING SERVICES

Stillwork Coaching and Consulting

When I started my own consulting company after more than three decades in the nonprofit and philanthropy world, my goal was to offer my expertise to organizations looking to grow and develop their capacity. Over the years, it's become clear to me that one of the most important things an organization can do is to invest in its leadership (staff and board) on a one-to-one basis. In 2022, I studied to become a Certified Holistic Career, Life, and Executive Coach through the [Goal Imagery Institute™](#), and am currently training with Shirzad Chamine in [Positive Intelligence™](#). I'm excited to now be expanding my offerings to include Leadership Coaching for individuals. My training with the Institute has given me a broader range of tools I can use to support my clients and help them cultivate the skills needed to thrive as leaders in the nonprofit sector.

I chose coaching because I believe that it adds another important element to my work and allows me to explore the challenges my clients face in greater depth. As a consultant, I evaluate the systems that facilitate the growth and development of nonprofit organizations. My work as a coach is similar, but it starts with prioritizing the needs of the individual leader (or emerging leader.) What kind of support is crucial for them to succeed? What is standing in the way of them doing the best job they can for their organization? Which skills might they need to develop to flourish in their role?

My approach to coaching has three pillars:

1. **Authentic Listening:** I'm committed to listening deeply to my clients, being responsive to their needs and respecting their choices.
2. **Creativity:** Most problems have more than one possible solution. I believe that brainstorming together and exploring options facilitates lasting, sustainable change.
3. **Wisdom/Experience:** As a nonprofit professional for the past 30+ years, I've developed extensive understanding of the inner workings of organizations. I work hand-in-hand with leaders to clarify their role and determine how they can best use their energies to help their organizations succeed.

With all the pressure of daily life and work, it's easy to lose sight of the most important, bedrock questions. As a coach, I believe that it's necessary to explore the deeper questions of motivation, value, intuition, and joy. I love helping my clients "hear the bell" in their lives and touch in with their original inspiration and calling. These "aha moments" are very significant, and often lead to rapid progress and growth.

My method is not to direct but to listen, to illuminate rather than prescribe. Through my coaching work, I support my clients to find the answers themselves as they delve into their own

inner wisdom. As a seasoned guide, I will also offer my expertise when I see that it can shed more light on my client's journey.

Stillwork Signature Coaching Programs:

1. 3-month Individual Coaching Program

This includes:

- Two one-hour meetings per month by Zoom or phone
- Recommended resources including books, articles, videos, podcasts
- Targeted coaching (10-15 minutes) between sessions as needed
- Unlimited email support between sessions

Cost is \$600 per month (\$1800 total)