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What is Executive Coaching?

Executive coaching is a one-on-one, collaborative partnership between a qualified coach and a leader or executive. It's a focused and confidential process designed to help executives achieve specific professional goals, enhance their leadership effectiveness, and foster personal and professional growth.

Think of an executive coach as a thinking partner, a strategic advisor, and a catalyst for change. They help you to:

- **Gain Clarity:** Define goals, values, and vision for yourself and your organization.
- **Identify Strengths and Development Areas:** Provide objective feedback and assessments to highlight what's working well and where there's room for improvement.
- **Develop Action Plans:** Collaboratively create concrete strategies and steps to achieve desired outcomes.
- **Build New Skills and Capabilities:** Support you in developing specific competencies, such as communication, delegation, strategic thinking, and emotional intelligence.
- **Overcome Obstacles:** Help you navigate challenges, address limiting beliefs, and develop effective problem-solving strategies.
- **Enhance Self-Awareness:** Encourage introspection and provide insights into your leadership style, behaviors, and impact on others.
- **Maintain Accountability:** Provide ongoing support and structure to ensure progress and commitment to action plans.

Key characteristics of executive coaching include:

- **Confidentiality:** Create a safe and trusting space for open and honest dialogue.
- **Individualized Approach:** Tailor coaching for your unique needs and goals.
- **Goal-Oriented:** Focus on achieving specific, measurable, achievable, relevant, and time-bound (SMART) objectives.
- **Action-Focused:** Emphasize the implementation of strategies and the development of new behaviors.
- **Empowerment:** Enable you to take ownership of your development and achieve sustainable results.

Call us at 314.422.5651 or schedule a discovery meeting here:
<https://calendly.com/michael-martin-m3b2bstrategy/30min>