

PERSONAL/PROFESSIONAL INTEGRATION

Individual & Executive Coaching Programs cover the following areas:

Career Transitions, Professional Development & Entrepreneurship

Feeling stuck professionally? Too much of your identity caught up in what you do? Itching to start our own business? We can place many criteria on having a successful work life: meaning, compensation, passion, connection, logistics, industry, role. Developing a new career or advancing the one we already have means taking all these criteria into consideration and developing a vision borne out of your values, passions and goals. Whether you're re-entering the work force, transitioning from one career to the next, launching yourself as an entrepreneur—or identifying outside interests to pursue, passions to integrate or new responsibilities to campaign for—our coaching partnership will help you make that quantum leap.

Work/Life Balance

Feeling your life is a series of sacrifices and burdens—instead of choices? Personal or work commitments and emergencies getting the best you? Especially challenging for the busy executive, maintaining harmony between one's professional and personal lives can often confound the best of us. When the stress of work or the drama outside the office becomes too much, both our work and our personal lives suffer. We often carry the concern that devoting ourselves to our families and our personal well-being will impact negatively on us professionally. But is this really the case? And if it happens to be (we're not saying it is), is it a price still worth paying? By penetrating these questions and unearthing what you really want, we will bring integration and greater fulfillment into all aspects of your daily life.

Life Transitions

Is your life entering a new phase? Some transitions are voluntary, while others are thrust upon us. Jobs and relationships end or evolve; our home lives change—whether through downsizing, upsizing or uprooting; we move into or out of retirement; we experience loss. Managing change, focusing on growth, gaining insight and redefining our focus all become critical to our sense of well-being and optimism. Coaching helps you take what life has to offer—by happenstance or design—and turn it into an enhancing experience that becomes part of a larger vision for yourself and your future.

Relationships

Having trouble with intimacy? Can't make relationships work at work? In many ways, our ability to achieve our goals is defined by the success of our relationships. Whether it's a loving home life, a better work atmosphere or enhanced social interactions, the amount of love, care and support we experience depends on the quality of our relationships. We'll assess your current relationships, examine your goals, and leverage your choices, behaviors and experiences to bring lasting fulfillment into your life.

Leadership & Management Skills

Are leaders born, or made? Becoming a leader might take ambition, technical know-how and political savvy, but sustaining leadership requires a whole new set of skills. Here is the platform that depends much more on your people skills and emotional intelligence than ever before. Thinking strategically, listening deeply, motivating others, collaborating, building consensus, giving effective feedback, succession planning, championing and advocating for your team(s) – all require confidence, compassion and a mind that is both focused and adaptive. Together we will engage all of your faculties to boost your EQ – while you inspire your workforce to deliver excellence.

Contact us to find out more about how *Personal/Professional Integration Coaching* can be of benefit to you.