

# Executive Coaching

## Coaching Services

### What is Executive Coaching?

Executive Coaching is a powerful tool that accelerates performance and breaks through self-limitations to propel leaders to realize their full potential. The coach partners with the executive to clarify choices, create action plans, assign accountabilities, and monitor results that support individuals as they become more effective, resourceful, satisfied, and productive in their careers and personal lives.

Coaching is a relatively new field that has grown dramatically in the last ten years. Many of the coaching models used today come out of the field of management and organizational development and emphasize improved productivity or enhanced performance in a general or specific venue. X<sup>2</sup>ponents uses the Co-Active Coaching model in concert with Management Performance Coaching models when working with clients.

Optimum coaching alliances span a minimum of three months with an average of two, one-hour coaching sessions each month.

### Who would benefit

- Individuals committed to self-development, growth, and action
- Organizations striving to achieve new levels of performance
- Leaders dedicated to extraordinary results

### Outcomes

- The emphasis is on creating self-awareness that leads to insight, action, and transformation
- Executives improve their effectiveness by identifying and removing obstacles that prevent them from achieving their goals.

### Details

Clients are scheduled for two, one-hour sessions each month at a standard recurring time. Clients often request that one of the two sessions include feedback from an observed leader-led meeting or coaching discussion. Coaching sessions are often by teleconference.

