

Corporate Coaching

A coaching culture energizes the workplace, reduces stress and improves relationships.

Coaching both individuals and teams can have a substantial effect on increased performance. Both long-term and short-term goals are articulated, action plans are implemented and follow-up is enacted.

In the corporate arena there are four distinct coaching methods, each designed to fit a particular situation: Change, Project, Executive and Development.

Change Coaching

Human nature inherently embodies a resistance to change. An effective method to reduce or even eliminate this resistance in the workplace is by proactively engaging everyone affected.

Change coaching assists both the team and the team leader to transform the inflexible energy into free-flowing forward movement. Through leadership, modeling, effective listening, powerful questioning and feedback, the Change Coach channels resistance into positive energy. The momentum created produces the change initiative with ease, power and grace.

Project Coaching

The role of the Project Coach incorporates many of the characteristics of the Change Coach, with the added expertise to complete projects on time—on budget—on purpose. By investigating historical data, the Project Coach launches the venture and sets improvement targets to be delivered within a pre-determined timeframe.

Contracted to work with the Project Leader/Manager and/or the Project Team, the Project Coach is proficient in keeping the team focused, maintaining open and direct communication, inspiring creative solutions, and envisioning and attaining goals. Bottom line: increased productivity, teamwork and results.

Executive Coaching

Executive Coaching is the quiet power that sharpens the quality of leadership. Through transformational questioning, effective listening and feedback, the Executive Coach guides the individual to move to the next level with ease, clarity and focus.



Considering the whole person, development in every area of the individual's life promotes balance, resulting in personal and professional mastery. As resistance and counter-productive behaviors are abated, vision is sparked, situations are viewed through a new perspective and solutions are inspired. With inner resources unleashed and polished, the individual has the power to go farther—faster—easier

Development Coaching

Based on 360 Feedback, a Development Coach is hired to assist with the gap analysis, which details how individuals perceive themselves versus how others perceive them. Organizations provide coaching support to their employees to reach both personal and professional developmental goals between reviews.

Development Coaching is an asset to both the employer and the employee. Since the individual being coached feels validated and valued by the employer, confidence and trust is strengthened, consequently performance is enhanced.

Coaching or Consulting?

A simple differentiation between coaching and consulting: a coach utilizes questioning and listening, while a consultant analyzes a situation and provides solutions.

Both coaches and consultants are essential ingredients in strategic planning, overcoming obstacles and providing solutions, carving a path for any company to flourish.