

Leadership Coaching

For real and
lasting change

SLINGSHOT₂₅



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What is coaching?

If you're new to coaching, it can help to have a clear understanding of what coaching is so that you can get the greatest benefit from this powerful development practice. Many people understand coaching by comparing it to other development interactions with which they are already familiar.

- Consulting: You are looking for an expert in a specific area to give you answers.
- Mentoring: You are looking for someone who has experience doing work similar to your ambitions and can give you advice on how to be successful.
- Training: You are looking to learn new skills, concepts, or best practices that you can apply to your personal or professional situation.

→ **Coaching:** You are looking for someone who can help you realize your professional ambitions through identifying blocks, unleashing energy, refining your approach, and holding you accountable to make the changes you desire.

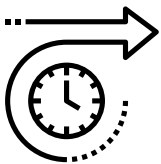
The benefits of coaching

Short term benefits:



- Set and work on your personal leadership goals.
- Confidential conversations in which you can be honest about issues created by a changing work environment without fear of judgment.
- Generate insight & create plans to solve your current leadership challenges using an effective approach.

Long term benefits:



- Ignite new leadership habits to help you solve future leadership challenges.
- Grow your leadership career.

The profile of someone who benefits the most from coaching:

- Willing to prioritize the coaching sessions.
- Willing to get specific about what is holding them back and create a plan for what they want from the coaching sessions.
- Willing to do the work between coaching sessions to move forward on their agenda.

What people typically address in coaching

Coaching is about helping good people become even better, based on what they want to achieve. For you, that might be:

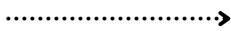
- Gaining more confidence for a challenging assignment
- Navigating a transition in your personal or professional life
- Building trust with others
- Finding your career niche

Nearly all clients walk away with some insight in these areas:

- Gaining self-awareness
- Leveraging natural talents
- Communicating

The coaching engagement

Our coaching engagement package is **six, 1-hour sessions** typically paced at every other week.



Welcome

- Welcome email with coaching overview & prep information
- Session scheduling

Introductions & Goals

- Focus of session 1
- Personal introductions
- Confidentiality commitment
- Review client's coaching goals

Coaching

- Sessions 1-6
- Every 2 weeks or similar pace per client need
- Coaching method provides a high degree of self-reflection and examination of impact
- Focuses action on meeting client goals

Our Coaches

Jackie Pelland



Jackie has over 25 years of leadership development experience inside Fortune 500 companies. She is a founding partner of Slingshot25 where she designs and delivers leadership development programs and provides executive leadership coaching.

Coaching education & experience:

- iPEC Professional Coach Training
- Energy Leadership Master Practitioner
- Executive Leadership Coaching (5 yrs)
- Coaching Instructor (3 yrs)

Courtney Smock



Courtney is experienced at helping influencers and leaders improve their ability to create an impact, take care of people, and take action during change. She is a founding partner of Slingshot25 where she specializes in change leadership, team effectiveness and transition coaching.

Coaching education & experience:

- iPEC Professional Coach Training
- Energy Leadership Master Practitioner
- Career/Professional Coaching (6 yrs)