

Leadership Coaching

For real and
lasting change

SLINGSHOT₂₅



courtney@slingshot25.com | jackie@slingshot25.com | sarah@slingshot25.com

What is coaching?

Understanding what coaching is will help you get the greatest benefit from this powerful development practice. Many people understand coaching by comparing it to other development actions 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 by identifying blocks, unleashing energy, refining your approach, and holding you accountable to make the changes you desire.

Benefits of Coaching

- Set goals and grow your leadership career.
- Confidential conversations in which you can be honest about issues created by a changing work environment without fear of judgment.
- Generate insight and create plans to solve your current leadership challenges using an effective approach.
- Ignite new leadership habits to help you solve future challenges.

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



Welcome

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



Introductions & Goals

- Focus of session 1
- Personal introductions
- Confidentiality commitment
- Review your coaching goals



Coaching

- Sessions 1-6
- Every 2 weeks or similar pace, as needed
- Coaching method provides a high degree of self-reflection and examination of impact
- Focuses action on meeting your goals

Our coaches



Courtney Smock

- Specializes in team effectiveness and transition coaching
- iPEC Professional Coach Training
- Energy Leadership Master Practitioner



Jackie Pelland

- Specializes in leadership development and executive leadership coaching
- iPEC Professional Coach Training
- Energy Leadership Master Practitioner



Sarah Gorsh

- Specializes in productivity and time management
- iPEC Professional Coach Training
- Energy Leadership Master Practitioner