



## QUEEN'S EXECUTIVE DEVELOPMENT CENTRE

# Executive Coaching

## S E R V I C E

### WHAT IS EXECUTIVE COACHING?

Coaching has evolved from the world of athletics, where coaches help elite athletes enhance their performance and achieve their goals. From the world of sports, the concept of coaching moved to the executive suite as a means to help senior executives manage a constantly changing business environment and refine their

leadership skills. Today, all over the world, people at all levels of the organization are using executive coaches to help them achieve their full potential. The process focuses on the participant's goals, accelerates movement toward the goals, reinforces learning and change, and increases self-empowerment.

### WHAT ARE THE BENEFITS OF EXECUTIVE COACHING?

Individuals who participate in executive coaching benefit in three important ways:

- ▶ They have a clearer vision of their development goals
- ▶ They are significantly more successful in achieving their goals
- ▶ They are more effective managers and leaders

Executive coaching also offers significant benefits to the participant's organization, including:

- ▶ Developing and retaining effective leaders
- ▶ Building synergies within teams
- ▶ Achieving successful organizational change

### QUEEN'S EXECUTIVE COACHING SERVICE

Queen's Executive Coaching is a highly interactive process that is built on trust. Confidentiality is contracted up front and rigorously adhered to. By creating this trusting environment and following a coaching framework, our coaches lay the foundation for exploring opportunities and creating positive change. Every participant has the opportunity to interview a number of coaches and select the one

with whom they feel most comfortable. The initial contract is for six months, with the option to extend.

The processes and tools used by our coaches are based on proven methodologies and years of experience. Our coaches are certified by the International Coach Federation, and have the skills, background, and knowledge to help you succeed.

For more information, including fees, contact:  
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