



What is an executive coach?

Executive coaching is designed to accelerate career growth and to improve effectiveness at work and conducted in a one-to-one professional relationship. Executive coaching is provided for developmental reasons, and for situational reasons including transitioning to new roles or environments, closing skill gaps, improving performance. The overarching goal is to produce individual performance results that are both observable and measurable, and that are commensurate with the business and professional requirements of the coaching participant. Coaching provides a powerful force to help executives clearly examine their values, skills, mission, personal impact, and relationships.

Coaching involves these two key components:

- a) Evaluating the individual's current performance or behavior circumstance
- b) Creating an action plan for development, change, and improvement