

# ENERGY LEADERSHIP COACHING PROGRAM



Coaching is partnering with clients in a thought-provoking and creative process that inspires the individual to maximize their personal and professional potential. This non-directive approach uses best practices, tools and techniques as outlined by the International Coach Federation. All coaching is done by Certified Professional Coaches.

## ENERGY LEADERSHIP COACHING PROGRAM

Provides insight, clarity and action around those who/are:

- ◆ Constantly **OVERWHELMED** by too many responsibilities
- ◆ Frustrated that they can't quite seem to get ahead even though they believe they know better or have good ideas
- ◆ Aggravated that their job seems to be mostly about fixing problems and putting out fires... a lot of "have to" and "need to" energy
- ◆ Want less stress, to get more done in less time and with less effort
- ◆ Stressed out over workplace conflict caused by conflicting and competing personalities of peers, direct reports, bosses, etc.
- ◆ Tired of the all too often "negative" corporate culture where problems and failures get highlighted and successes too easily overlooked

## HOW IT HELPS

The Energy Leadership Coaching program helps individuals to:

- ◆ Refocus their attention, beliefs, and perceptions so that they support their own success as opposed to inhibiting it
- ◆ Discover the real causes of the stress and overwhelm in their work; and reduce or eliminate the related impact

- ◆ Recreate and envision the ideal image of their role as a leader within the organization
- ◆ Tap into the Energy of Success which enables amazing accomplishments, allows them to lead thru inspiration and motivation, and creates opportunities and solutions consistently
- ◆ Shift from focusing on problems and fighting fires to proactively creating solutions AND inspiring others to do the same
- ◆ Transition their role into that ideal image so that it reemerges as an energetic, successful and immensely satisfying way to work

## HOW IT WORKS

Energy Leadership Coaching does this by:

- ◆ Revealing a person's default tendencies
- ◆ Showing exactly how perceptions and beliefs are creating the results showing up in their life
- ◆ Focusing in on what is holding them back the most
- ◆ Helping them to become conscious of how these default tendencies have guided their decisions and actions and driven their business' success (or lack there of)
- ◆ Helping them to consistently choose how to respond to their environment and get the results they desire

## GOALS AND KEY LEARNINGS

**Goal: Removing apathy, lethargy and victim thinking by learning how to:**

- ◆ Create a drive and desire to be highly successful
- ◆ Remove the "weight of the world" on my shoulder attitude
- ◆ Create "success model" thinking
- ◆ Own their individuality and make it work for them
- ◆ Lead through their own personal value
- ◆ Integrate in the larger picture
- ◆ Tie their passion in to what they do for a living
- ◆ Create and sustain a higher level of motivation

**Goal: Removing conflict, anger and defiance by learning how to:**

- ◆ Remove the thinking that they have to fight for everything they want
- ◆ Not feel isolated and as if they are always working against others
- ◆ Establish trust of others
- ◆ Stop the blame game
- ◆ Stand up for team work, collaboration and avoid being a martyr
- ◆ Let go of past negative experiences
- ◆ Not hold grudges that take away from the overall goals
- ◆ Understand and reduce the power of conflict
- ◆ Let go of being right just for the sake of being right

# ENERGY LEADERSHIP COACHING PROGRAM CONTINUED



## GOALS AND KEY LEARNINGS

**Goal:** Creating responsibility, forgiveness, and cooperation by learning how to:

- ◆ Let go of perceived wrong doings
- ◆ Understand that people are human
- ◆ Work with people with a variety of skill sets, knowledge, and experience
- ◆ Honor their true authentic self in the work environment
- ◆ Put principles before personalities
- ◆ Understand the concept of choice in every situation
- ◆ Not be overwhelmed by worry, self-doubt and fear
- ◆ See how their attitude affects themselves and others



**Goal:** Creating concern, compassion and service by learning how to:

- ◆ Understand other people's reactions and how to de-personalize
- ◆ Create a compassionate workplace
- ◆ Focus on the success of others
- ◆ Remove frustration of dealing with challenges of others
- ◆ Use empathy verses sympathy in the workplace
- ◆ Celebrate team success
- ◆ Work with others regardless of their mood

**Goal:** Creating reconciliation, peace and acceptance by learning how to:

- ◆ Remove judgment from the workplace
- ◆ Find inner peace and calmness despite what else is going on in the work environment
- ◆ Let go of control and be ok with outcomes
- ◆ Make the most of every opportunity presented
- ◆ Know that everything has its place and is here for a reason
- ◆ Be motivated for action from opportunities rather than fear of what could happen
- ◆ Create the work/life they choose
- ◆ Understand the connection and meaning from the work they do and the interactions they have

**Goal:** Experiencing synthesis, joy and wisdom by learning how to:

- ◆ Feel a permanent sense of joy and contentment within
- ◆ Be at peace with whatever they are feeling in the moment
- ◆ Be highly motivated through the synergy of working with others
- ◆ Connect and trust their gut
- ◆ Be on the forefront of opportunities
- ◆ Use creativity to make things happen
- ◆ Understand we are all more similar than different
- ◆ Live a very powerful and purposeful life

**Goal:** Experiencing passion and creation by learning how to:

- ◆ Inspire self and others
- ◆ Motivate self and others
- ◆ Create their life each moment
- ◆ Be a creator and visionary
- ◆ Convey passion in their role at work
- ◆ Be filled with a sense of appreciation for their place in life