

Are you an ideal candidate for executive coaching?



The 7 Point Checklist

Executive Coaching has done wonders for high-level leaders in recent years. Far from merely leadership development, coaches help their clients to take steps up the corporate ladder and push themselves in areas they hadn't before considered - and it could be you next.

Cast your eyes over this list.
How many of these situations apply to you?

- ✓ You work in a highly stressful work situation
- ✓ You often encounter unclear lines of communication within your role
- ✓ You lack confidence in your leadership abilities
- ✓ You feel the pressure to perform and this hinders your ability to do so
- ✓ A poor company culture dominates your experience of work
- ✓ You lack a connection to your role
- ✓ Your work-life balance is off, and you take your workplace problems home with you

So, how many did you tick?

Regardless of whether your page has anywhere from 1 to 7 ticks, there's work to be done. Each symptom correlates with its own set of hurdles to tackle, so it's time to get moving and take them on head first.



What does this mean for you?

You don't have to be an experienced leader to benefit from executive coaching. From seasoned executives to newcomers to the leadership game, coaching can help you overcome personal difficulties that are specific to your role, be that a recent appointment or a position that you have held for years. The key is in your commitment to development – coaching is only as good as the candidate's willingness to implement.

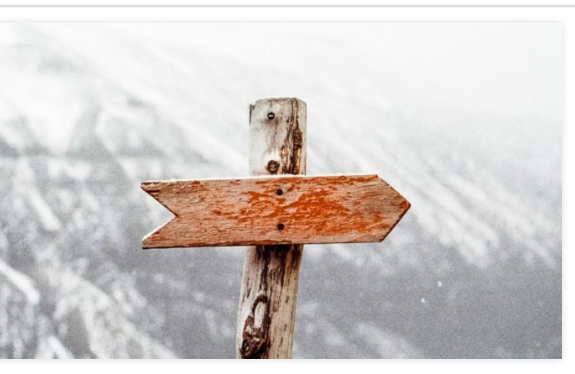
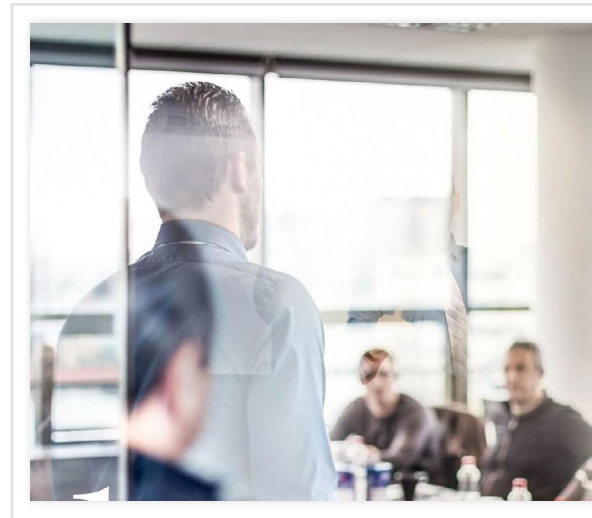
Are you...? Open to change?

Self-motivated and committed to implementing changes in both work and home-life spheres?

Seeking to transition into a more leadership-oriented role?

Seeking validation and development of your capacity as a leader?

If you ticked even one box, you're on the right track. You are ready and willing to make a strategic change that will benefit not only your attitude towards work, but perception of your life as a whole.



Where to next?

It's time to address the first set of ticks and chat about how to make beneficial changes a reality. The result is a more rewarding and productive work environment and a more satisfying work-life balance. Working with Melinda, you will learn to understand yourself and maximise your own performance, but also understand, motivate and coach your teams, at both collective and individual levels.

Let's get started!

Learn about how executive coaching can work for you and what the process entails.

Here's how you can get in touch:



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