

# Executive Coaching



- Do you want to maximise your leadership potential?
- Do you want to define your leadership style and develop strategies for growth?

## Executives face unique challenges

**Do you face competing demands on your time and expertise?**

**Does your high powered role impact your ability to develop your professional skills?**

**Do you want the opportunity to pause and consider where to next?**

It's a difficult job balancing competing demands, dealing with economic uncertainties, and challenges with team management and business decisions.

Everest executive coaching takes a flexible approach to one-on-one coaching. While objectives and outcomes are unique to each individual typically we explore:

- Performance improvement and maximising potential
- Gain clarity and purpose to span your leadership journey
- Recognise limiting behaviours that could be holding you back
- Discover your blind spots; how you perceive yourself vs how others perceive you
- Explore current challenges and better manage diverse demands
- Understand reaction modes under pressure and in conflict
- Effectiveness in key development areas
- Build your existing skills to gain strategic influence and effective cultures
- Develop your ability to handle chaotic business demands and change challenges