

EXECUTIVE COACHING



Certified Executive Coach
 Certified Facilitator of Fierce Conversations®
 Facilitator of Meaningful Dialogue™
 -- A frank conversation about the tough issues



Facilitating Action

Plan ★ Commitment ★ Activate
 Support ★ Accountability ★ Feedback
 Adapt ★ Expand

*Connect with us,
 Trudy*

The Process

PAST Personal History		PRESENT Current Reality		FUTURE Desired Goals	
Successes	Family	Strengths	Values	Vision	Purposeful
Defining Moments		Energy	Stresses	Strategy	Results
Career Path	Challenges	Beliefs	Holdbacks	Clarity	Dreams
Significant Relationships		Habits	What you don't want	Influence	Choices

My Skill Set

Simplify information	Connect with people	Strategic thinker	Enable action
Distill and summarize crucial information	See people's strengths and develop potential	Conceptualize solutions and articulate the future	Develop practical action plans
Recognize patterns and create alternatives	Build trust and genuinely nurture relationships	Envision methods, processes, possibilities	Revise approaches based on the learning
Isolate facts that link ideas, events, people	Bring emotional awareness for understanding	Capture essence of the goal and innovate the how	Remain upbeat in true face of adversity and setbacks
Clarify options	Ask probing questions to deepen the level of thinking	Find ways around problems	Create a sense of urgency and energize others to act
Make sense out of seemingly unrelated information	Lift people's belief in themselves and quell fears for others when stressed	Learn quickly, anticipate results and adapt to change	Re-invigorate thinking and connect others to personal power



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