



## EXECUTIVE COACHING PACKAGE

### FOR WHO? –

Professionals with at least three years of experience looking to reinvent themselves, move up to an upper management role or strong some specific leadership or commercial skills.

### GOAL OF THE PACKAGE –

The Executive coaching package is 100% practical and formulated to provide professionals with exhaustive knowledge and tools to pursue high-executive roles or manage specific challenges.

### COMMITMENT –

18 weeks

### WHAT IS INCLUDED?

- 10 live coaching sessions (10h) – via zoom or face to face
- 15 different frameworks
- Introduction meeting free of charge
- DISC assessment and debrief
- Complementary readings
- Complimentary commercial toolkits
- Live support via WhatsApp



## DETAILED COACHING PLAN

### EXECUTIVE COACHING PACKAGE

		Coaching Session
<b>Week 0</b>		Introduction
<b>Week 1</b>	<b>CSX1</b>	Core values & personal SWOT
<b>Week 3</b>	<b>CSX2</b>	Personality – DISC debrief
<b>Week 5</b>	<b>CSX3</b>	Powerbase and internal politics
<b>Week 7</b>	<b>CSX4</b>	Influencing & effective communication, management of conflict
<b>Week 9</b>	<b>CSX5</b>	Negotiations (Role play exercise)
<b>Week 11</b>	<b>CSX6</b>	Personal branding and value proposition
<b>Week 13</b>	<b>CSX7</b>	A la carte*
<b>Week 15</b>	<b>CSX8</b>	A la carte*
<b>Week 17</b>	<b>CSX9</b>	Changes and transitions
<b>Week 18</b>	<b>CSX10</b>	Wrap-up, action plan, goals evaluation

\* The client can choose among the following topics:

- Delegation and time management
- Decision-making process
- Commercial & managerial skills
- Looking for a new role
- Powerbase and internal politics
- Moving to a new location

