



# Leadership Coaching

1. What is Leadership Coaching
2. What Leadership Coaching is Not

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# What is Leadership Coaching?

- Enhances your overall leadership effectiveness
- Focuses on developing your unique leadership strengths
- Uses evidence-based practices to address your specific leadership challenges
- Provides a safe space to explore leadership dilemmas
- Facilitates greater leadership awareness
- Partners with you to achieve your professional goals
- Helps you navigate complex situations with greater confidence
- Expands your options for decision-making
- Supports you in improving team performance
- Promotes your self-awareness, emotional intelligence and resilience
- Empowers you to drive change

## **What Leadership Coaching is Not**

- Does not focus on managing tasks
- Does not give you all the answers
- Does not "fix" your leadership issues
- Is not leadership training
- Does not impose a specific leadership style or solution on you
- Is not a quick-fix solution for leadership challenges
- Is not executive mentoring or advising