

## We offer Coaching for the Following Specialties:

- Executives
- Front Line Leaders
- New Leaders
- Training and HR Professionals
- Career Transition

Motivation Mountain's Coaching experience starts by partnering with you to determine the measurable goals you want to achieve by working with a professional coach. We work closely with you over a 12 week period to clarify and execute on your goals, passion, vision and direction.

After your coaching sessions, we help you quantify your results. This allows you to see the full return on investment for your coaching experience. The ultimate goal of coaching is to assist you in moving from where you are to where you want to be. Coaching can be an invaluable tool in your success.

## What do Motivation Mountain's coaches do?

- We create a safe environment, where you can see yourself clearly. We accomplish this by listening, asking focused questions, reflecting back and challenging you to dig deeper and reach farther than you ever have before.
- We create a non-judgmental atmosphere, free from perceptions, performance judgment and personal investment into your outcomes.
- We become your advocate and supporter of your stated performance outcomes.
- We help you move from where you are today to where you want to be tomorrow and beyond.

## Target Audience:

- Anyone desiring to make a career or life change.
- Leaders at any level desiring to be more strategic about their vision, communication and leadership skills.

## What's in it for you?

- As a result of coaching you could:
  - Reach your goals faster
  - Make significant changes in personal and professional life
  - Build strong effective relationships with peers, direct reports and company leadership
  - Have a clear plan for your next step in your life and career and actionable steps to take your there

## Coaching Time Commitment:

- 3 hour Initial 1:1 Consulting Session
- 12 x 30 minute 1:1 Coaching sessions 2-3 times per month
- 1-hour coaching conclusion and evaluation session at the end of the 12 sessions.

## Coaching Enhances Skills in:

- **Thinking-** Business Insight, Setting Vision and Purpose, Strategic Thinking, Personal Learning, Setting Direction
- **Leading-** Approachability, Developing Others, Courage, Political Sense, Compassion, Diversity Management, Motivating self and Others
- **Communicating-** Composure, Questioning, Listening, Direction, Presenting, Informing Interpersonal Sense, Humor
- **Executing-** Time Management, Follow-through, Results, Process Management

Professional Coaching is on the fast track as one of most viable and successful development tools for strong leaders and individuals today. A recent study cited that 58% of organizations are turning to coaching in addition to training to develop their talent. The *International Personal Management Association* recently reported that traditional training improved performance by 22%. When coaching was added to training, performance increased by 88%, clearly showing the benefit of both training and coaching for developing high performance.

## To speak with a coach or for more information, please contact:

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