



# INDIVIDUAL COACHING

## *Empowered Leadership*

Whether you're starting a new venture or managing the day-to-day challenges of a busy operation, individual coaching is an invaluable tool for gaining perspective & realizing your full potential.

### Method

Coaching is a technique that poses a series of open-ended questions in order to promote self-awareness & growth. Coaching people is not like coaching sports: it is not *pushing* you to go further, it is *empowering* you to go further.

A certified Executive Coach, Kate has refined her coaching method over many years working with dozens of entrepreneurs, managers & leaders in customer-focused industries.

Utilizing proven methods of executive coaching, Kate and her team will work with you to help you build awareness of your strengths and weaknesses, identify learned behaviors, expand your approach to employee and colleague interaction, and empower you to achieve your leadership goals.

We also offer best practice advice for our clients as needed, providing helpful resources and proven strategies for improvement.

The goal of this work is to promote confidence, clarity & productivity in one's unique leadership role. Each session can serve as a safe place to talk out big issues, target specific challenges & are always completely confidential.

### Who We Work With

- Entrepreneurs / Owners
- C-Suite leaders
- Chefs
- Managers
- Emerging Leaders
- All leadership levels, new and experienced.

### Packages

#### 3 MONTHS

This engagement is best for those who require some support as they gain awareness of their strengths and weaknesses, build new skills and learn new leadership methods.

#### 6 MONTHS

This engagement is best for those seeking a sounding board and expert counsel as they shape their leadership style, confront outdated habits, and achieve and exceed their professional goals.

### FAQ's

Sessions are bi-weekly and are 1½ hours in length. Homework will be assigned between sessions to anchor your growth and a summary of the session will be sent to you by email.