



# Professional & Executive Coaching

POTENTIAL REALIZED

## Optimize Your Own Individuality

Coaching is a collaborative partnership between a coach and an inspired individual, which connects to deep personal level of beliefs, values and vision. An executive coach acts as a guide and empowers growth through a non-directive process of discovery, goal setting and specific action. It is based in several bodies of knowledge, technology and a style of relating that focus on the development of human capacity. Coaching is for the realization of extraordinary results in the pursuit of your ultimate potential.

### Who We Are

Optimum Performance Coaching is an industry standard with construction associations and companies committed in transforming leadership to meet the needs of the 21st century.

### Why Optimum?

The ability to connect with each individual and identify the specific style that will maximize their individual success as well their team contributions is unparalleled.

### The Optimum Difference

- Flexile coaching & learning plans to suit you or your organization
- Engaging facilitation
- Real world professional development for both employees and management
- Programs that empower both your mental and physical strength

[www.optimumperformancecoaching.ca](http://www.optimumperformancecoaching.ca)

Contact us to see how we can optimize your performance!

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# PROFESSIONAL & EXECUTIVE COACHING

## ESSENTIALS 101 POTENTIAL REALIZED



### LEARNING OUTCOMES

UPON SUCCESSFUL COMPLETION OF THIS WORKSHOP, YOU WILL BE ABLE TO:

- ✓ Relationships: Relationships between the people in the company are the human glue that binds the company together and has it operate at its optimum capacity.
- ✓ Emotional Intelligence: Handle situations with compassion through self-awareness and self-discipline.
- ✓ Feedback: Ranging from active listening to formal assessment tools and reports about an executive's performance, behavior and possible blind spots. Identify inter-generational similarities.
- ✓ Listening: It is often lonely at the top. An executive needs a listener and effective dialogue to sort through issues and decisions.
- ✓ Passion: Our passion is our gift, what we make available in the world; our purpose. What is the legacy you want to leave behind?

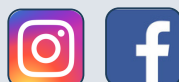
### LEARNING OUTCOMES CONT..

- ✓ Commitment: Re-examining goals and values from a holistic approach. Being a CEO, president, manager etc is not all who you are in life, it is only one aspect of a full life of friends and family and interests. How do we keep harmony in all of these areas?
- ✓ Effective Communication: Language is a tool. Speaking and listening do only one of two things in life. They inspire or dishearten. Know the difference and honor the tool.
- ✓ Strategic Design: Creating and implementing personal or corporate Vision, Mission, Purpose and Core Values.
- ✓ Leading Teams: Effective teams leverage the capacities of its members. Being able to best combine their strengths requires the synthesis of all of the aforementioned coaching areas. How are you going to build and lead your best teams?

**'TRUE SUCCESS COMES FROM HELPING OTHERS FIND THE BEST IN THEMSELVES'**



GET SOCIAL!



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