

## People, Relationships, Life

# The Benefits of Executive Coaching

### Gain Interpersonal Skills

- Knowledge and insight into yourself and the organisation, which allows executives and managers to become more flexible and versatile

### Have the ability to:

- Understand and deal with feelings appropriately to enhance work relationships
- Work through blockages and resistance to change
- Recognise and effectively manage stress
- Deal with personal and work place conflict
- Develop trusting relationships with clients and colleagues
- Use advanced communication skills – maximise verbal and non-verbal interactions, listen, give effective feedback, understand, predict and alter patterns of communication

### Develop Competencies

- Improve Leadership style and competency
- Expand knowledge base of skills for career growth
- Clarify values, goals and choices for increased career satisfaction
- Enhance entrepreneurial skills
- Improve presentation skills

### Have the ability to:

- Maximise goal setting, and prioritise and manage time efficiently
- Strategically plan and monitor projects more effectively
- Delegate well

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### **Increase Organisational Capability**

- Improve ability to manage an organisation, including strategic planning, negotiation and problem solving
- Lead re-engineering, restructuring or downsizing initiatives
- Increase productivity
- Strategically reposition the organisation in the marketplace