

# LEADERSHIP & CAREER COACHING

## What is Leadership and Career Coaching?

Leadership and Career Coaching is a confidential, collaborative relationship where you can reflect on your strengths, story, and direction.

## What is the first session like?

Whether you do only one session or several, each session begins with clarifying your intentions for the time. Your coach will ask questions to know you more and will listen deeply to your challenge or opportunity.



**Your coach is a reflective listener, critical thought partner, and catalyst to help you clarify your goals.**

## What are some common topics people discuss?

- Crafting a personal purpose statement
- Unpacking concerns about burnout and compassion fatigue
- Reflecting on values and strengths, exploring how they align with your daily work
- Personal brand, skills, LI and online presence
- Communication styles within a team
- Conflict and relationship management
- Leadership self-awareness and empathy
- Professional development goals and preparation for promotion
- Team management and strategic planning
- Equity education and cultural intelligence

