

What is Executive 1:1 Coaching?

What is Coaching?

At its heart, coaching is a conversation with a purpose and an outcome. It is a means of enabling individual leaders to improve their performance by supporting them to recognise and develop their own capabilities, strengths, and resources.

Our coaches will work with you within a protected and confidential space:

- as a thinking partner to enable you to reflect on your objectives, learn and gain perspective to develop clarity on what you want to achieve within your work and life
- to fully explore and overcome the personal leadership challenges that have brought you to coaching
- to stretch into your learning edges and identity as leader to make sustainable changes to your leadership behaviour and maximise your impact within an organisation

They will also offer supportive challenge through their questions, feedback and observations in service of your learning and development.

Coaching is not:

- Training or a form of structured learning
- Counselling or therapy
- A forum for someone else to solve your challenges for you

Where the coach is aware of a different form of support which may be more relevant, they will discuss this with you.

What can coaching do for you?

Each coaching programme is bespoke to the needs of the coachee and the coach will spend time with you to clarify your focus areas and desired outcomes. Below are some common themes which our 1 to 1 executive coaching programmes focus on.

- Developing a deep level of personal awareness and authenticity as a leader
- Enhancing personal resilience and emotional intelligence
- Navigating a role transition and establishing identity in a new role
- Exploring significant career shifts and decision points



- Developing executive presence and impact

A coaching programme will typically last 4 – 6 sessions and this will be agreed with your coach at the outset. The sessions are usually 90 minutes – 2 hours each. They are spaced out so that the programme runs over a number of months, to support you in reaching your overall personal and leadership development objectives.

The Catalyst 14 Executive Coaching Faculty

Our Executive Coaches are a tightly-knit group of professionally qualified coaches.

All of our coaches:

- Have in depth experience supporting the development of leaders and executives across different industries in the UK and globally.
- Are experts within their field and hold a senior level accreditation with a professional coaching body
- Are members of the EMCC Global or similar (and all have been trained at post-graduate level in coaching?)
- Receive regular Coaching Supervision on their coaching practice
- Are passionate about and invest regularly in their ongoing professional development

Finding a coach that's right for you

As well as being a conversation, coaching is a relationship. We want you to have a coach who you connect with and with whom you will be able to do great work. Studies have shown that the Coach-Coachee relationship is a key ingredient in the success of a coaching programme.

If you are enquiring with us directly about finding you an executive coach please complete the information in the form below, this will help us start to identify a coach who will be a good fit for you.

Once we've identified a coach, the first step will be for you to meet them. It may be that we share details of or invite you to meet more than one coach. This is ultimately so that you can make sure the coach feels right for you.



Pre-Coaching Questions

If you are interested in our coaching services, feel free to answer the below questions and send your responses to info@catalyst14.co.uk.

Name	
Email:	
Role title and organisation:	
Location where you are based:	
What preference do you have for: In person Remotely Mixture of two	
Telephone:	
What specific themes are you interested in exploring? (e.g., leading change, delegation, resilience, leadership style)	
What would be a great outcome from this coaching?	
If you have experienced coaching before, what did you specifically value? What might have been less useful?	
What is the timescale in which you would like the coaching to take place?	
Is there anything else you want us to know in finding a coach to work with you?	