

Executive Coaching

inpd.co.uk/executive-coaching



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What is Executive Coaching?

Executive coaching involves a series of one-on-one interactions between a manager or executive and an external coach. The goal of coaching is to equip people with the knowledge and opportunities they need to develop themselves and become more effective. Behaviour change is the goal of most executive coaching.

Meeting one-on-one with senior leaders within an organisation, the executive coach provides a safe, structured, and trustworthy environment in which to offer support for the individual. The coach also helps the leader understand their current competencies, see how they're perceived by others, and focus on identifying and clarifying current goals as well as the appropriate action steps to reach those goals.

Executive Coaching has the potential to transform any organisation, helping individuals, leaders, and teams to deliver organisational success. Individuals grow, leaders are empowered, and your organisation changes for the better when you coach your employees. Here at In Professional Development, we can ensure you realise your full potential.

In Professional Development has a wealth of experience in the field of coaching. Whether working with organisations through team coaching or working with individuals from first line managers to senior executives, our group of coaches are handpicked for their backgrounds, experience and coaching skill. Using a wide and deep range of coaching approaches we ensure coachees realise their full potential.

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I loved all my coaching sessions with Priya. I found it very helpful and gained a lot from the sessions.

**Executive Coaching Client,
Anonymous**

Our Coaching Services

- Executive coaching for individuals
- Executive coaching for organisations
- Bespoke and tailored coaching packages
- Coaching on demand
- Team coaching
- Manager as coach (training managers to use coaching techniques)
- Coaching supervision

Your Coaching Journey

To provide you with an overview of our coaching process, let's break down the integral steps involved:

- Consultation with the InPD Coaching Team
- Chemistry call with Coach
- Agreed Coaching Objectives
- Coaching Session 1
- Coaching Session 2
- Coaching Session 3

Sessions and Packages

- Our one-to-one sessions run for 60-90 minutes
- They can be delivered face to face if required (subject to an expenses agreement)
- We recommend 6 coaching sessions, however this can be tailored to suit your requirements
- Typically coaching sessions will take place 1 month apart, however this is up to the discretion of the coachee

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Kelly was extremely helpful, asked relevant and thought provoking questions.

**Executive Coaching Client,
Head of People, Barnardo's**

Behaviour change is the goal of most executive coaching.



Executive Coaching for Individuals Package

- Chemistry call
- 6 one-to-one sessions with goal setting (our recommendation is to have 6 sessions)
- Review

Executive Coaching for Organisations Package

- Bespoke and tailored coaching packages
- Coaching on demand providing maximum flexibility
- Chemistry call
- 6 one-to-one session per coachee
- Review

Coaching Supervision

- Expert supervision for coaches
- Raise standards across the coaching profession
- Improve the impact of coaching within an organisation
- Include 1-to-1 and group sessions
- Uncover and work on coach blind spots
- Support coaches with ethical issues

Team Coaching

- Targeted toward increasing the effectiveness and cohesiveness of teams
- Delivered to a group of professionals working together as a team
- Utilises pairs of qualified Team Coaches
- Results focused



Leadership Coaching



Elevate Your Impact

Whether you're looking to drive organisational change or navigate through challenges, our leadership coaching is designed to enable leaders to achieve their peak performance.

Our coaches are completely flexible around the type of development or improvement you're looking for and can be dedicated to one particular challenge you're currently facing or ongoing professional development to help leaders unlock their true potential.

Why Leadership Coaching?

Looking to unlock your Leadership potential?

Our coaching encourages you to explore and define your unique style and approach to leadership, to deliver improved personal outcomes leading to better business results.

Working out what your vision is for your organisation?

Coaching sessions are a place to think strategically about the future of your team and organisation, identifying opportunities for growth and innovation. Your coach, as a thinking partner, will challenge you to envision and implement transformative changes.

Wanting to cultivate a transformative leadership mindset?

Learn to lead by example, fostering a culture of accountability, innovation, and resilience. We emphasise emotional intelligence and ethical decision-making, equipping you to navigate challenges and inspire your team.

Currently going through some organisational challenges?

As a thinking partner in a safe space, our coaches will help you to find the answers; whether it's implementing necessary change, navigating these challenges with your peers and/or team or planning the actions needed to overcome the obstacles in front of you.



Career Coaching



Empower Your Career Vision

Begin with clarity on where you want your professional journey to take you. Our Career Coaching helps crystallise your career goals and vision, enabling a focused, motivated and strategic approach to your professional development.

Every professional's journey is unique. Our sessions are personalised to your specific needs and goals, providing you with bespoke strategies and actionable insights to advance your career.

Why Career Coaching?

Navigate and Master Transitions

Change is an opportunity for growth. Our coaches work with you through career transitions, helping you to develop skills and strategies to navigate these phases successfully, whether you're moving up, shifting fields, or seeking to make a broader impact within your current role.

Build and Amplify Your Professional Brand

A strong personal brand distinguishes you in the marketplace. We assist in refining and communicating your unique value, ensuring you're recognised for your true strengths and capabilities.

Cultivate Strategic Networks

Expand your influence through strategic networking. Our coaching offers more than the usual focus on CV's and interview technique. Our coaches will encourage you to think about building and nurturing professional relationships that support your career trajectory and open doors to new opportunities.

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The coaching was excellent, great breadth and depth of conversation and it has left me feeling far more confident.

Executive Coaching Client, Anonymous



Benefits for the Individual

- Increased level of self perspective
- Increased engagement
- Deeper level of learning
- Build personal awareness
- Support for improving specific skills
- Resilience
- Better work-life balance

Benefits for the Organisation

- Motivate and engage team members
- Improve relationships and communications of employees
- Wellbeing management
- Improve overall performance and bottom line results
- Facilitate the adaptation of a new management style
- Greater ownership and personal responsibility



Take the Next Step

Get in touch with us today for further details. Simply submit the form on the specific coaching option webpage you're interested in or email us at enquiries@inpd.co.uk.