



## Executive Coaching

Coaching designed for individuals seeking personal transformation through a structured, goal-driven reflective process. Whether you're looking to advance in your career, sharpen your leadership skills, or navigate a significant change, our coaching approach fosters a growth mindset, pushing you to stretch just the right amount to achieve meaningful progress.

### Our approach to Coaching

Coaching is a high-value, outcome-based process aimed at helping individuals transform by identifying and working towards specific goals. Coaching can work well in situations of change, acceleration, and growth with people who are keen to learn and willing to engage. It's particularly helpful when an individual moves towards a new direction, which invites exploring mindset, skill-set, and unblocking challenges along the way. Coaching provides a safe space to think deeply, intentionally and take action.

### Our Coaching Approach: Empowering Growth and Transformation

- **Goal empowers growth:**  
We work together to define clear, actionable goals that reflect your aspirations. Each session is tailored to keep you moving forward, ensuring that you are always progressing towards your personal and professional objectives.
- **Appropriate Stretch for Sustainable Growth:**  
Growth happens when you push beyond your comfort zone—but in a way that's manageable and sustainable. Our coaching sessions are designed to challenge you appropriately, allowing to ask new questions and explore assumptions that might be holding you back, to feel tangible positive change without overwhelming you.
- **Fostering a Growth Mindset:**  
At the core of our coaching is a deep belief in the resourcefulness of people. Each one of us carries a “bag full” of tools, capabilities, and levers that, when accessed, can drive real breakthroughs. We focus on helping you access these tools, build resilience, learn from challenges, and develop a mindset that welcomes continuous improvement.

### Our Coaching Process: Structured and Supportive

- **Initial Consultation:**  
We begin with a discovery session to understand your current challenges, opportunities, and personal goals as well as getting to know you. The right fit is essential for Coaching to be successful.
- **Customized Sessions:**  
Based on your needs, we create a personalized coaching plan with a series of sessions aimed at achieving your specific objectives. Each session is designed to drive measurable outcomes while maintaining flexibility to adapt as you grow.

### Is it for you?

It's hard to say. All we can offer is an initial conversation to “get a feel” for it and explore.

**Ready to Transform?** [contact@foresight-now.com](mailto:contact@foresight-now.com)