

INDIVIDUAL COACHING

Coaching isn't about quick fixes. It's about creating lasting change in how you think and lead, so you show up with greater capacity, compassion, and connection for you and your team.

Timing:

You can select from 6, 8, or 12 months (we will meet twice a month for 1 hour)

What You Get (our process):

- Complimentary kick-off call
 - Explore personal values
 - Discuss potential goal
 - Determine stakeholders for 360
 - Align on coaching expectations
- 360 Feedback Report
- Insights Discovery Personal profile (an individualized 21-page report on your behavioral preferences (see sample [here](#)))
- 2-hour Session to debrief the Insights Discovery profile and 360 interviews and formulate the goal for coaching
- Accountability and growth measurement: share goal with stakeholders and receive ratings and feedback suggestions at the beginning, middle, and end of coaching
- 1-hour coaching sessions 2x per month. During each coaching session, we follow the "Arc of Coaching:"
 - Check in on progress of any previous action items and touch base on application to goal for coaching
 - Establish the focus for the session
 - Explore the focus
 - Support development of new awareness or possibility
 - Support designing of practices/actions for embodying the learning
 - Partner to close the session
- End of engagement reflection and wrap-up session

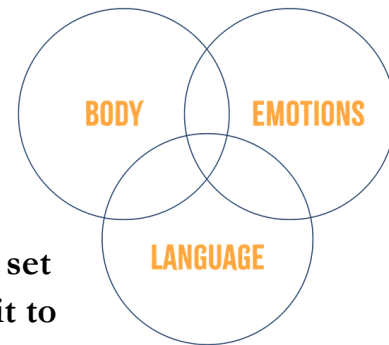


WAYFINDERS LEADERSHIP ✨

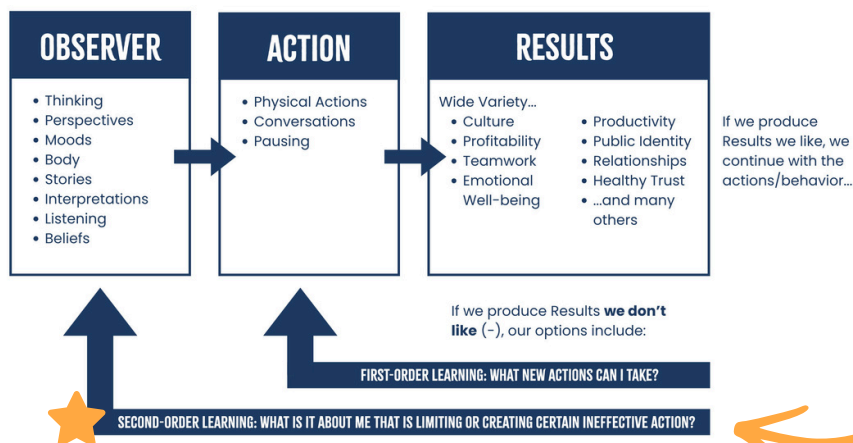
What Makes Us Different?

Our Coaching Method: Ontological Coaching

Our coaching methods start with understanding the self, not necessarily the “problem” you’re facing. While our goal is to address the various dilemmas we find ourselves in (especially what is identified by self and others in your 360 feedback report, Insights Discovery profile, and goal for growth), the “problem” is often symptomatic of our own thinking, beliefs, emotions, and somatic dispositions.



By looking first at the self, instead of the dilemma, we get down to root causes, **which unlock an entirely new set of actions, allowing you to move from a place of habit to choosing** how you want or can respond to challenges at hand, **thus producing more favorable and sustainable results in your leadership, in how you interact with others, how you face internal dilemmas, and so much more.**



This is where empowered leaders live, and is what we build within leaders through our coaching engagements.

WHAT CLIENTS AFTER COACHING WITH MEGAN:

Megan has a true passion for leadership coaching and the Insights Discovery profile tool. She is thoughtful and inspires leaders to reach their full potential by gaining an awareness of their blind spots and communication habits, understanding why they are what they are, and how to use that information to be more effective. I would highly recommend working with Megan to grow and lead as a leader.

– Commercial Lending Manager

After being coached by Megan, one of my biggest insights was that my leadership is improved when I have personal guidelines and that it is worthwhile to take time for myself to recharge. This has allowed me to pay better attention to others, to listen more, and leave room for others to lead. Megan was most helpful because she was able to illuminate things I didn't see.

– Restaurant General Manager

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A FEW OF THE COMPANIES WE ARE PROUD TO CALL OUR CLIENTS

