

Which 1:1 Leadership Program Is Right for You?

1:1 Leadership Coaching and 1:1 Leadership Development are engaging, practical and impactful programs led by an expert coach to elevate a leader's effectiveness. Here are the key points of each program and the type of leaders they are best suited for.

1:1 LEADERSHIP COACHING

Coach's Focus: **Asking and Supporting**

Personalized coaching to enhance current skills and knowledge the leader already possesses.

FORMAT

- 4-month coaching engagement
- 1:1 coaching

EXPERIENCE:

- Coach actively listens and asks powerful questions
- Coach provides support to build self-awareness, and belief and to remove inner blockers
- Agenda is driven by the leader to discuss topics that are important to their growth

BEST FOR:

- High performing leaders

VS

1:1 LEADERSHIP DEVELOPMENT

Coach's Focus: **Teaching and Advising**

Focused learning to develop fundamental leadership skills with the 1-to-1 support of an expert coach.

FORMAT

- 4-month curriculum
- Series of research-based education modules
- 1:1 coaching to enrich learning

EXPERIENCE:

- Coach transfers knowledge and skills
- Coach provides models, frameworks, and structure
- Agenda is driven by a defined curriculum with the support of a coach to contextualize the lessons learned

BEST FOR:

- Leaders in transition
- High performing leaders
- Leaders needing support

Ready to invest in your leaders?

Reach out to one of our Leadership Consultants, or email team@thecoachingstudio.ca to learn more about the 1:1 Leadership Development program.