

Coaching services

Create greater self-awareness, spark new behaviors, and level up your leadership

Are you ready to *level up* your leadership?

Coaching is a resource to people who are ready to create greater self-awareness, spark new behaviors, and level up their leadership. If that sounds like you, you can expect coaching to help improve your performance by developing and expanding on new perspectives, attitudes, skills, and behaviors.

A Coach serves as a sounding board to clarify goals, think through decisions, and unlock potential. Coaches do not provide direction, answers, or solutions; however, they may make suggestions for things for you to try as you work to build new patterns in your leadership. The work is yours to do; your coach will partner with you to provide structure, accountability, and energy to take it further.

Together you and your coach will explore different mindsets, behaviors, and skills to help you move towards your desired future self. Creating alignment through clarity, connection, commitment, and courage; using storytelling; influencing and leadership dispositions; prioritizing and deselection; and decision making are common skills discussed. The journey will be engaging, energizing, and thought-provoking.

At Karrikins Group we have experience with many industry-standard tools and resources, including DiSC, Meyers Briggs, HBDI, StrengthFinders/CliftonStrengths, and others. If you have used tools like these in the past we can build on what you already know, or bring new resources to bear as appropriate.

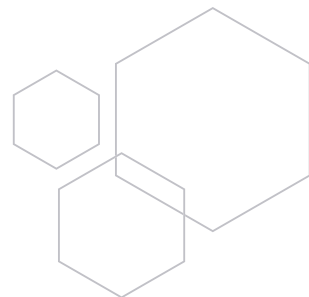
SELF-AWARENESS IS THE KEY

Leaders who *start with self* accelerate their growth and impact



“The tools that you provided me are invaluable and are ones that I will carry with me in both my professional and personal life. I am so grateful to have had the opportunity to work with you.”

– VP, Sales & Marketing



What you can *expect* of your Karrikins Group coach:

- > Confidentiality, honesty, advocacy, and accountability
- > Full engagement during our time together
- > The space for you to explore, grow, challenge, and change
- > Discussion of hard truths as needed, in a direct, respectful, and meaningful way

What is *expected* of you:

- > Openness, curiosity, commitment, and effort
- > Authenticity and transparency in how you show up – the more you bring to the conversation, the faster we will make progress
- > Being fully present and focused, and letting your coach know if you need some time to clear your head as we get started
- > Being proactive if something isn't working for you by letting your coach know so we can course-correct

Choose a package that makes sense for you!

“Today’s session was EXACTLY what I needed and somehow you always know what I need before I do.”

– Director, Forward Planning, Real Estate Development

6 or 12
months

1 hour
per month

Digital
engagement

- > 1-hour monthly sessions for either 6 months or 12 months.
- > Tools and resources for ongoing support: Our Experience Guide and associated worksheets are provided along with articles and other resources that are curated for your situation.
- > Sessions will be virtual, unless otherwise agreed, using a video conferencing platform. It is highly recommended that both coach and coachee be on video during the sessions.

KG | **Alignment Institute**
Powered by **KARRIKINS GROUP**

Today is the day to *embrace* growth and opportunity!

Connect with us today at alignmentinstitute@karrikinsgroup.com
to set up a complimentary call with us about your goals.



KARRIKINS
GROUP

We are **Karrikins**.

We're world-class facilitators, cultural changemakers, behavioral scientists, and experience creators, but above all, we're people looking to make a lasting and positive impact. With decades of diverse experience in helping companies set ambitious strategies and act on them, our leaders guide our collective impact and enable transformative growth for leaders and teams.

Visit us at karrikinsgroup.com to learn more about our game changing alignment solutions for executive teams, delivery teams, and individuals who are ready to lean into the power of alignment to deliver on their most ambitious goals. Through our Alignment Institute we offer catalytic workshops, individual programs, and smaller group experiences.

KG **Dynamic Strategy**

KG **Alignment Journey**

KG **Alignment Institute**



KARRIKIN (n): *a group of compounds found in the smoke of burning plants that stimulates seed germination and catalyzes growth.*