

360° Life Coaching

COURSE OVERVIEW

McGhee Productivity Solutions' (MPS) 360° Life Coaching program is designed to assist leaders in a wholistic approach to mastering their ability to produce results in all areas of their life. Sometimes increasing results actually leads to individuals being unsatisfied unless these results are created from a context of personal value and contribution. To connect with these core values, the program begins with an MPS coach working with the leader to create their own mission statement. Within that context, they then review every area of their life: career, money, home, appearance and health, fun and leisure, friends and family and contribution. When leaders are balanced in all areas, they are more authentic; they lead with integrity, strength, and come from an empowered place.

MPS' coaching philosophy is based in a BE DO HAVE mindset, realizing that true sustainably comes from the inside out; measuring both inner awarenesses as well as outer results. By identifying limiting beliefs and creating paradigm shifts, leaders will increase results exponentially.

Key Issues Addressed:

- Alignment of contribution and values
- Clarity of vision and focus
- Paradigm shifts for breaking old habits
- Finding inner balance and strength

Key Results:

- Personal mission and goals created
- Increased achievement of key performance indicators
- Balanced, authentic leadership
- Increased coaching and mentoring skills
- Increased awareness

"This is an amazing course and helps with understanding of conscious leadership. Basically, you realize as a leader the impact you have on others. Many lead, few are leaders. Net/Net – Game changer for you and the impact you can have as a leader. This is like no other training/coaching you have been through."

-VP, Fortune 500 Consulting Firm

An initial meeting is conducted with stake-holders prior to the six-to-eight-month program to create outcomes and metrics. Interviews will be conducted with colleagues at the beginning of the program to ensure an outside-look on leadership. Eight 2-hour coaching sessions are conducted over the course of the program. A productivity survey will be conducted at the end to measure specific results. This program includes unlimited email support and follow-up coaching.

COURSE OUTLINE

Preparation

- Conduct 360-degree interviews collecting feedback
- Review client assessments (Birkman, Hogan, MBTI, DISC etc) that are valuable to the coaching engagement
- Meet with client and stakeholders to determine desired outcomes
- Set up custom Productivity Survey results and monthly tracking charts
- Pre-book 8 coaching calls and Productivity Survey review meeting

Implementation

- Personal mission, long and short term goals
- Mastering results: Career, Money, Home, Appearance and Health, Fun and Leisure, Friends and Family, Contribution
- Working from the inside out to create sustainable change/results
- Exit interview to review Post Survey results and desired outcomes