



WHY EXECUTIVE COACHING?

Executive coaching helps leaders close the gap between where they are today and where they aspire to be, fostering growth and transformation. It builds confidence, enhances effective communication, and empowers leaders to turn self-awareness into actionable results, creating a lasting impact on their teams and organizations.

PARTNERS WITH YOU ON:

- ▶ Overcome self-doubt and cultivate genuine, lasting confidence.
- ▶ Communicate effectively to inspire trust and influence others.
- ▶ Receive honest, actionable feedback to refine your leadership style.
- ▶ Develop heightened self-awareness to navigate challenges with poise.
- ▶ Empower your team with accountability-driven coaching strategies.
- ▶ Build relationships founded on trust and collaboration.

LOGISTICS

- ▶ 6-12 month commitment
- ▶ Unlimited Email & Text Support
- ▶ Paid upfront
- ▶ 2 sessions per month via Zoom
- ▶ Additional resources provided
- ▶ Check-Ins with Leaders provided

Connect with Lisa



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THE CONFIDENT PODCAST

LISA TARKINGTON Executive Coaching



WHY LISA?

Lisa's coaching combines evidence-based strategies with a personalized, supportive approach to help leaders align their inner confidence with their external impact. With a proven track record as an award-winning coach and business owner, she specializes in enhancing leadership skills, self-awareness, and communication, while fostering work-life harmony and breaking through limiting beliefs. When you work with Lisa, you're gaining more than a coach—you're partnering with someone deeply committed to your growth, offering tailored guidance, ongoing support, and a collaborative relationship to help you step into your full potential.

ROADMAP

- 1 Initial Consultation:** Initial consultations with organization and executive, signed coaching agreement, assessments filled out.
- 2 1:1 Coaching:**
 - First session reviews the coaching process, assessments and discusses goals establishing the foundation for the coaching journey.
 - Ongoing coaching during the duration of the contract, typically bi-weekly for the first half, followed by monthly sessions for the second half (or bi-weekly the entire time, if needed).
- 3 Long-Term Sustainability:** Ending assessments, check-ins with organization and close-out meetings.

COACHING INCLUDES

- ▶ A certified and experienced coach
- ▶ Assessments to provide feedback
- ▶ A minimum of 2 hours coaching per month
- ▶ Accountability with a trusted partner and monthly check-ins
- ▶ 9-24 sessions of virtual coaching
- ▶ Tools to support leadership efforts



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