



# Executive Excellence

## - Harness your juice, Deliver Success

### Top 10 Most Popular Themes:

1. "Setting up my company was incredibly exciting but now its all up and running, **I'm a bit bored and don't enjoy what I do any more.**"
2. Sometimes **my emotions get the better of me** so that I don't always manage or express myself in the best way."
3. "My management team lacks vision and drive, **how can I inspire them?**"
4. "I've hit upon a couple of issues that **need clarity**. It doesn't matter how many times I think about them, **making a decision isn't getting any easier.**"
5. "I have a great job but I've always got the **feeling that there was something more.**"
6. "I've just taken over a division and I **need to change the culture** to make it profitable."
7. "I have talented **individuals** on my team that **require special handling**. How can I get the best out of them?"
8. "As much as I am good at what I do, **I don't seem to get on with the key people** in my organisation."
9. "I'm setting up a new division/organisation, but I **don't know where to start.**"
10. "I'm feeling overwhelmed with all the things that I've got to do. **Can you help me get organised?**"
11. "I love my work, but it seems to have **taken over my life**. I think that it is **time to get some balance.**"
12. "Although I **try my best**, sometimes I **behave in a way that lets me down.**"

"I feel dramatically different in a number of different areas of my life, other people have noticed at home and at work. You've made a real difference to me. Thank you."

- Business Director,  
Leading UK Media Agency

"Thank you for the work we did together, I'm still using it on myself and my team these years on. You gave me the tools and the self belief to do the job."

- Geoffrey O' Connor



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### Excelling Yourself

The Executive Excellence programme is a confidential, discrete, one to one, personal development programme. It gives you an opportunity to create a personal agenda to achieve even greater success in your life, career, and organisation. It has been designed to support, develop, and harness your juice so that you can unfold your innate excellence. Skills relating to leadership, business growth, communication, team building, career change, relationships or getting your self in order are provided on a just in time basis.

### Simple Easy and Professional Format

Christina Griffiths is a business psychologist and qualified coach who has been working with leaders and managers for over 7 years. This programme is run to the British Psychology Society's and International Coaching Federation's standards to ensure that you receive the highest level of professionalism.

The basic elements of the programme are the same for everyone: Foundation Session, followed by 3 x 2 hour or, 6 x 1 hour coaching sessions spread over 3 months.

A pre-foundation questionnaire and psychometric are sent for completion before the foundation session. During the foundation session well defined goals are set, along with exploration of what you've already tried and the creation of an outline for future sessions. After this regular, monthly sessions are held and email support is available between sessions.

### Flexible to meet your needs

Sessions can take place in a number of ways:

- **Face to face** at our London Offices
- On your **premises** (on a day basis)
- Over the **telephone**

### 5 Reasons to use the Executive Excellence Programme

- Create a **clear tangible plan of action**
- Identify and **dissolve barriers** to change
- Tap into your **unseen potential** and **unfold your greatness**.
- Keep you **focused on your agenda**
- Give you **just in time skills, and real insight** on areas that will enable your development.

### Results you can expect from the Executive Excellence Programme

The Industrial Society<sup>1</sup> conducted a survey of 5,700 HR specialists & summarised the **benefits of coaching** as follows:

Generates <b>improvements</b> in individuals' performance/targets/goals	84%
Higher organisational <b>performance/productivity</b>	79%
<b>Increased</b> creativity, learning, and knowledge	69%
Intrinsically <b>motivates</b> people	69%
Facilitates the adoption of a <b>new culture/management style</b>	63%
<b>Increased openness</b> to personal learning and development	60%
Helps <b>identify solutions</b> to specific work-related issue	58%
<b>Improves relationships</b> between people and departments	57%

<sup>1</sup> <http://www.indsoc.co.uk/> - member only report.

Call us now on **+44 (0) 20 79179440** or email  
**nowismy@time4change.com** to take advantage of our **FREE Coaching Excellence consultation.**

