

# Leadership Coaching

## Focus Areas

Our Leadership Coaching program helps executives work more passionately and effectively by focusing on six core areas:

- Strategic Impact: Focus on priorities, delegate like a champ, and free yourself from inessential meetings and emails.
- Mastery: Deepen your knowledge, develop core skills, and build a learning plan for success.
- Energy and Health: Improve your diet, fitness, mindfulness, and work/life balance.
- Leadership: Coach and inspire your team for maximum performance.
- Innovation: Adopt a fail-fast mindset to accelerate your explorations and unleash your creativity.
- Vision: Develop a powerful purpose to guide your actions, perceptions and relationships.

## New Leader Development

We offer a specialized coaching program focused on helping recently promoted leaders adapt to new pressures and challenges, some of which include:

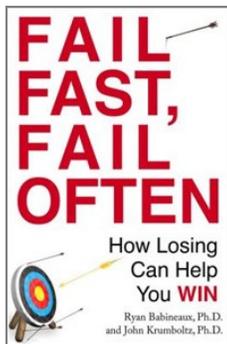
- Managing larger, more diverse groups
- Keeping a strategic business development focus—even when dealing with local problems
- Taking ownership of complex, mission critical products and directives
- Standing out as a communicator, coach and evangelist
- Being able to identify and pitch high impact ideas

## Coaching Process

Our approach to coaching is tailored to the needs of each client, and may include:

- The design of a personalized career development plan
- Resource recommendations (books, research articles, conferences, etc.)
- Guidance in creating a personal career vision
- A personalized life wellness program, for improvements in health, fitness, social interaction, and mindfulness.
- A written evaluation report, including an overview of progress, an analysis of strengths and areas for growth, and recommendations for continuing development

## About Ryan Babineaux



Ryan Babineaux is a thought leader in the field of career development whose work has been featured in the New York Times, Oprah.com, The Atlantic, GQ Magazine, and NPR. He is the co-author of the best-selling book *Fail Fast, Fail Often: How Losing Can Help You Win*, and the creator of the popular Stanford University course of the same name. He holds a Ph.D. in Symbolic Systems and Educational Psychology from Stanford University, and a M.Ed. in Psychology and Human Development, Harvard University.

Curious? Contact us to book a complimentary strategy session to see how our coaching program can support your business goals.

[www.essentialsmarts.com](http://www.essentialsmarts.com)

email: [ryan@essentialsmarts.com](mailto:ryan@essentialsmarts.com), phone: 650.814.4294