

# Purposeful Executive Coaching

Bespoke corporate coaching  
programmes with Chloe Angus



# About Me

- Executive and Personal Coach, qualified to ILM (Institute of Leadership and Management) level 7
- 10+ years commercial management experience within global corporate environment, with a focus on mentoring and training.
- Non directive and non judgemental coach with a high challenge and high support style.
- I work with a coaching methodology to raise awareness, increase influence and take action. The stages of my methodology are cyclical as you explore and act through coaching.

For 15 years I climbed the corporate ladder. I reached burnout. I was following the crowds and had lost touch of my values. I lost my motivation and was merely functioning, nowhere near my full potential. Through greater alignment with our authentic selves we can increase our effectiveness in all areas, taking decisive actions and enjoy fulfilling momentum.

# My Coaching Methodology



# Define Goal

- What is the purpose of the coaching?
- What are we hoping to achieve?
- What's the destination we intend to arrive at?
- How do we define success criteria?
- Led by both company requirements and coachee's aspirations

## Useful Coaching Tools Include:

- Goal Setting
- Coaching models
- Professional Profiling
- 180+ interview

# Raise Awareness

- Internally focused
- Raise Awareness of self and place in company with a view to the goal
- What are the core principles and values of the coachee?
- What are the core principles and value of the company?
- Where are the gaps?
- What are the strengths to be maximised?

## Useful Coaching Tools Include:

- Value Elicitation
- Oscar coaching model
- Wheel of Effectiveness
- SWOT Analysis
- Johari's window
- Self Assessment Profiling

# Action & Accountability

- Internally focused
- What steps are needed to optimise strengths and improve weaknesses?
- What mindset work is required?
- What habits will support development?
- What skills are needed and how can these be mastered?
- How can commitment be built?

## Useful Coaching Tools Include:

- Grow / Clear coaching models
- Force Field Analysis
- Visualisation
- Personal Development Plan with SMART objectives
- Continuation of earlier tools

# Increase Influence

- Externally focused
- What is the external image / personal brand to be expressed?
- How will this be done?
- What are the key relationships? And how can influence be increased within these according to values?
- Who are key stakeholders? How are these relationships to be managed

## Useful Coaching Tools Include:

- Wheel of management / directorship
- Role Reversal
- Visualisation
- 360 review
- Circle of Influence & Control
- Continuation of earlier tools

# Reflect & Refine

- What has worked well?
- What has not worked well?
- What is status of initial goal?
- What is progress of accountable actions?
- What changes need to be made?
- What else is needed?

## Useful Coaching Tools Include:

- Review of all previous tools
- PDP review
- Feedback & Interviews
- Long term goal setting



# What Might That Look Like?

- Bespoke to meet requirements
- Typical programme below with 60/90minute sessions fortnightly / monthly
- Voxer full coach support days available with text and voice messaging



# Customer Testimonials

"I'd highly recommend Chloe's coaching programme to anyone who's serious about pushing themselves towards not only their career goals but any worthwhile life goal. Chloe coaches you down a path of effective action and arms you with a high degree of self-accountability that motivates you to maintain momentum"

"Working with Chloe on who I am, what I want to be was filled with self-reflection. She made it easy. Chloe's warm disposition made exploring possible root causes non-intrusive. By the end of the sessions I had, a job offer stepping up, a leader brand that I had not realised was within me and I recognised the areas where I need to focus on."

"Chloe has an incredible talent for listening. I found the whole course of coaching very structured and in line with everything I'd set out to achieve. She's warm and personable but also willing to ask difficult questions and challenge you to consider new approaches."

# Sound Interesting?

Get in touch to discuss your purposeful coaching requirements.

Book a call with me

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