

My Coaching Philosophy

To lead at the next level, you need to know yourself at a deeper one.

As you may have noticed, there are a lot of coaches out there in the world. And if you're looking for one, it can be overwhelming to figure out how to pare down the list. To help you to decide if we'd be a good fit, here's my Coaching Philosophy.

Coaching works best when there's a strong partnership between coach and client. So yes, please look at my credentials, ask questions about how I approach the work, and think about the coach criteria that's most important to you.

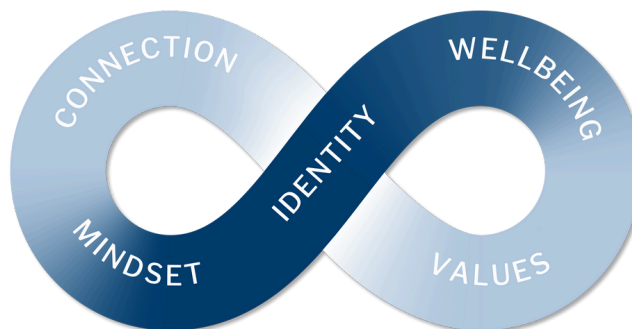
And then consider fit. Coaching means we'll be spending a lot of time together.

With that, here's my overall philosophy when it comes to coaching. Read it and see if it resonates!

Leadership Fluency™ is the foundation for all of my work. The framework focuses on five core dimensions: Identity, Values, Mindset, Connection, and Wellbeing. They are both independent and interdependent. Meaning, each dimension can stand on its own, yet also works to strengthen other areas.

We'll work on whichever areas need the most attention, when you need it. When you build your inner infrastructure, you can lead from a place of clarity, confidence, and ease.

The Leadership Fluency Framework™



Coaching is a partnership. I don't have the answers for you - because I'm not living your life. But together, we can figure out what you need to do differently to build or enhance your capacity. Leadership can be lonely, but you don't need to figure it out on your own!

Who you are shapes how you lead. Coaching is an inside-out job. We'll focus on how to shift the mindsets, beliefs, assumptions, habits, etc. that may be holding you back, and the outward behaviors that impact people's experience of you.

You know more than you think you do. Stop second-guessing yourself into paralysis. The problem isn't that you lack answers. It's that you don't trust the ones you already have.

Your instincts are data. That gut feeling you have is your leadership intelligence. You'll learn to listen to it instead of drowning it out with endless research, overthinking, and other people's opinions.

Your team doesn't need you to have all the answers. They need you to ask better questions and make decisions without drowning in analysis.

Preparation has a point of diminishing returns. At some point, you have to act. I'll help you find that point before you've over-prepared yourself into irrelevance.

People-pleasing leaders create chaos. Every time you work yourself into a tizzy trying to avoid disappointing someone, you disappoint everyone who actually matters. And often that's you. You also diminish your leadership credibility in the process.

Burnout is not a badge of honor. Self-sacrifice doesn't make you a better leader. It makes you an exhausted one. I'll help you build your Leadership Fluency™ so you can sustain your leadership and hopefully have more fun in the process.

Small shifts create big changes. You don't need to overhaul everything. You need to identify the few things that matter most and do those differently. Over time, they add up. You don't need a project plan or Gantt chart to make it happen.