

COACHING FOR A NEW GENERATION OF LEADERS



WELCOME TO THE COACHING EXPERIENCE!

A multi-generational workforce, post-pandemic challenges, labor shortages, development in rural/vulnerable communities, and emerging technologies are driving the need for innovative development programs that will appeal to a dynamic generation.

Today's employees are looking for practical skills and knowledge that clearly relate to leadership and individual development goals.

Coaching is the effective, sustainable development tool that provides the support and partnership needed to achieve higher levels of growth and development.

Coaches:

- Listen, ask focused questions, reflect back, challenge & acknowledge
- Inspire you to stretch, grow & consider new possibilities
- Act as a confidential sounding board & thinking partner
- Provide resources to support ongoing development strategies
- Help you create a more mindful approach to workplace challenges



FORTUNE 1000 COMPANIES COACHING OUTCOMES

When leaders understand themselves and others on a deeper level, the outcome is effective communication, higher levels of motivation and productivity. **Leaders reported 77% improvement in work performance and communication.**

Turnover is costly and a primary obstacle to employee retention. Improved work environments and performance was directly linked to coaching and greater job satisfaction. **Leaders that were part of a coaching program reported a 62% increase in job satisfaction.**

Leading teams requires the ability to establish trust, collaborate, high levels of emotional intelligence, and critical thinking skills. **Leaders experienced a 70% improvement in teamwork development.**

Coaching frequently creates a fundamental shift in the approach leaders take at work increasing self-confidence, resilience, and assertiveness. **Leaders that were part of a coaching program reported an 80% increase in self-confidence.**

77 %

Enhanced performance

62 %

Increased job satisfaction

70 %

Improved teamwork

80 %

Increased self-confidence

TRAINING VERSUS COACHING

Traditional training provides external, technical knowledge. Typically, there is no form of follow-up or accountability. Most leadership training programs are designed for ease of operational delivery within an organization, not for habit formation or supporting mindset and behavioral change.

Coaching delivers laser focus on your development. As your coach, I work closely with you to provide guidance and accountability. Self-awareness and self-management are at the forefront of embedding valuable behaviors and habits. We identify where you are, where you want to go, and create a positive path forward!

Highlights of the coaching experience:

- ✓ Understand development goals & identify gaps
- ✓ Increase intentional thought, action, & behavior changes
- ✓ Enhance self-confidence & personal effectiveness
- ✓ Improve communication & interpersonal skills
- ✓ Build stronger leadership practices



THERAPIST, CONSULTANT, TEACHER, COUNSELOR OR COACH?

It can be somewhat challenging to determine which type of professional you need.

Although there can be some crossover in these areas, asking yourself these 5 questions will help identify whom you need to work with:

1. Do you need help processing something hard from your past?

You need a therapist.

2. Do you need someone to show you how to build your business?

You need a consultant.

3. Do you need someone to teach you how to do a new skill?

You need a teacher.

4. Do you need someone to help you prepare for marriage?

You need a counselor.

5. Do you need someone to help you accelerate your professional development and show you how to optimize your potential in the workplace?

You need a coach.



TESTIMONIALS

(More testimonials at leadersrise.net)



Cindy coached me in both strategic and tactical aspects of leading a team. Her perspective has helped me create and lead a highly collaborative and successful team. I highly recommend Cindy as an HR professional and coach.

John Wasson, Regional GM at Chromalloy

I would highly recommend Cindy as an executive coach. She listens intently and quickly identifies what you need to work on. Cindy is extremely professional and provides feedback to help you see potential blind spots that may inhibit your professional success.

Deidre Bradley, VP HR HCA Healthcare



Cindy helped me to see myself and my work environment differently. I learned new ways to manage employees, improve my performance and understand my reactions to circumstances.

Jessie Link, Metallurgical Consultant

GrowthSpace  5 Star Reviews

"Cindy was the help I needed to push my management skills to the next level."

"Cindy helped me uncover the "why" behind some of my learned behaviors, helped me understand and navigate them so I can become the best leader possible."

"Coaching helped me evolve and become a better version of myself and ultimately a better leader."

"Cindy helped me find ways to refocus my goals and energy from situations that seemed unresolvable to manageable targets."

"She guided me to see things through self-discovery and helped me to see my strengths as a leader."

CONTACT INFORMATION

With more than 15 years of combined experience in manufacturing, mining, operations, healthcare, finance, IT, and Human Resources, I am well equipped to deliver a dynamic coaching program.

Coaching gives you the opportunity you deserve to achieve far more than the bare minimum!

Please contact me at [Hello@leadersrise.net](mailto>Hello@leadersrise.net) to set up your free discovery call. Let's see how coaching can take you to your next level of professional development!



Cindy Saunders
GPHR • SPHR • SHRM-SCP
CPC-CEC • WCI

[Hello@Leadersrise.net](mailto>Hello@Leadersrise.net)
Leadersrise.net
775-453-8907

