

**You're getting access  
to executive coaching!**

**Great, so now what?**

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## **What is executive coaching?**

Executive coaching is the partnership between a professionally certified coach and an individual that encourages positive behavioral change both professionally and personally. Executive coaches help support people in leadership development, executive management, career advancement, performance maximization, effective communication, time management and more.

## **Who are executive coaches?**

An executive coach typically has strong experience and expertise in a specific industry or competency, such as healthcare, technology, education, or executive management, leadership transition, organizational change, etc. On top of their specialties, executive coaches have extensive training and background in behavioral change and personal development. Coaches come from a wide variety of backgrounds, but all of them share the desire to help others overcome challenges and achieve goals.



## What does my coach expect from me?

**Be open.** You might be asked to try new things or may feel uncomfortable at times. Keep yourself open to new ideas and experiences that might expand your outlook.

**Be dedicated.** The more willing you are to work towards your goals, the more effective the experience will be.

**Be honest.** If you don't show your authentic self, a coach simply won't be able to help you! Your coach wants to help you face your biggest challenges and overcome them.

**Be present.** Coaching is about working in the moment to create a better future. It's uncommon that you'll work with a coach to address problems of the distant past. Make sure that you're fully focused on yourself and your personal growth during your coaching sessions.

## What are the benefits of coaching?

Coaching is an invaluable tool for developing people across a wide range of needs in an organization. People who work with a coach report increased self-confidence at work, better time management, improved work performance, more solid relationships, and more effective communication skills, just to name a few.

## How will I work with my coach?

You will be given access to the AceUp coaching platform that includes:

- ▶ Selection of a coach you would like to work with
- ▶ Access of up to two coaching sessions per month
- ▶ Quarterly track of group training modules
- ▶ Goal setting and tracking tools
- ▶ Confidential messaging and assignments from your coach

Getting started on the AceUp platform usually takes around 20min, after which you will be free to schedule and access your coaching sessions and tools at your own pace. Platform onboarding is done either on an open enrollment basis or as a group kickoff depending on your company's engagement.