

Transform You!

JMS Creative Leadership Solution's leadership coaching program is designed to guide you or your team through customized, actionable materials on personal and professional development with the goals of being the best version of yourself and making an impact. The impact comes from transforming from a top performer to an exemplary leader and determining how to show up and show off. But how? Through coaching!

"The purpose of coaching is to unlock people's potential to maximize their own performance. It is helping them to learn rather than teaching or telling them."



The personal benefits of coaching are as wide-ranging as the individuals involved. Numerous clients report that coaching positively impacted their careers as well as their personal lives by helping them to:

- Establish and take action towards achieving goals
- Gain more self-awareness
- Become more self-reliant
- Gain more professional and personal well-being/satisfaction and life satisfaction
- Contribute more effectively to the team and the organization
- Take greater responsibility and accountability for actions and commitments
- Work more easily and productively with others (boss, direct reports, peers)
- Communicate more effectively

(SOURCE: KEN BLANCHARD COMPANIES)

The Benefits of Coaching in Organizations:

- Empowers individuals and encourages them to take responsibility
- Increases employee engagement
- Improves individual and team performance
- Helps identify and develop high potential employees
- Helps identify both organizational and individual strengths and development opportunities
- Helps to motivate and empower individuals to excel
- Demonstrates organizational commitment to human resource development
- Fosters inclusive culture and environment

"Every action you take is a vote for the type of person you wish to become." ~James Clear



Transform You!

A leader doesn't require a title. What a leader does require are 3 keys - 1. **growth mindset** 2. **courage** 3. **heart**. During your transformational journey, your growth mindset, courage and heart will constitute the framework of the Transform You! leadership coaching program. *The program options allow us to focus on:*

Leading Yourself
Building and Maintaining Relationships with Others
Leading Others

Together, we will dive deeper into self-awareness, unhook from limiting beliefs, recognizing strengths and opportunities, goals and habits and fill in your skill gaps (just name a few), allowing you to have a more joyful and peaceful journey of life.

WHAT'S INCLUDED

(but not limited to):

- 1:1 individual coaching or Group Team Coaching; Eight 1:1 60-90 minute coaching sessions
- Thought provoking transformative exercises
- Emotional Intelligence robust, detailed assessment including 360s for teams
- Customized program that caters to the individual or team desired outcomes
- SWOT Analysis (Strengths, Weaknesses, Opportunities, Threats)
- Improvement in mindset and positive perspective
- Increased self-awareness
- Improved focus
- Determine how to show up and show off personally and professionally
- Improved performance and strategic thinking
- Additional assessments such as DISC and Standout 2.0

Coaching Options
Group coaching
1:1 coaching
Team/Org coaching

Desired outcomes to help you or your team thrive!

Determine your goals - setting goals (personal and business) gives your life direction, and boosts your motivation and self-confidence as well as your strengths.

Identify your values - determine your priorities, and create the boundaries you need to stay grounded, solid, and motivated.

Shift your mindset - believe in the ability to grow and change, seeing challenges as opportunities, focusing on progress instead of results, prioritizing learning over seeking approval, and rewarding yourself for your effort and not just the outcome.

Increase your Emotional Intelligence - gain the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

“Not everything that is faced can be changed, but nothing can be changed until is faced.” -James Baldwin