



COACHING PROFILE

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LEADERSHIP COACH, SPEAKER, MASTER FACILITATOR AND TRAINER

Steph works with people who want to powerfully and bravely lead their lives and work.



“ If your emotional abilities aren’t in hand, if you don’t have self awareness, if you are not able to manage your distressing emotions, if you can’t have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far. ” DANIEL GOLEMAN

Do you need a coach?

Are you:

- Searching and yearning for something MORE?
- Ready to acknowledge that the status quo isn't working?
- Ready to disrupt, innovate, experiment and create a new pathway forward?
- Ready to step forward with courage, authenticity, compassion and honesty?
- Seeing that is time to have those tough conversations with yourself, loved ones and at work that you've been putting off for a long time?
- Looking for someone to support – and to challenge you – to become the bravest, most open-hearted version of you that is possible?

“ You've given me hope that it is possible to have really hard conversations in my organization and for us all to find resolution and solutions we can support. Now I've got the tools to test it out. Thank you for helping me find my own voice. **”**



ABOUT STEPH

Steph specializes in working with people ready to shake things up, find their courage and make radical, transformative change in their lives.

Steph works with people who want to powerfully and bravely lead their lives and work.

If you are looking for a gradual, supported journey of change Steph probably isn't the coach for you. She will give you her all, and she takes clients ready to make the same kind of commitment to their own growth, who will bring the vulnerability and stretching that is required to be in that space of their growing edge.

WHAT PROGRAM IS RIGHT FOR YOU?

Steph offers 3 programs, and can tailor a program so it meets your needs.

Coaching Programs

		
3-MONTH SHAKE UP THE STATUS-QUO PROGRAM	6-WEEK INTENSIVE RADICAL SHIFT PROGRAM	GROWING EDGE: STRATEGIC ADVICE & COACHING ON DEMAND
An introductory 2 hour “Deep Dive” session where we figure out where you are, who you are now, and where you want to go	An introductory 2 hr session where we figure out where you are, who you are now, and where you want to go.	A 30 minute session to figure out if we are a good fit and this is the right program, and to set some clear goals.
Two 45-minute sessions per month, conducted over zoom.	Up to two full days together where we make a plan for the radical shift and change you want to make real.	Up to 2 group coaching calls per month (max. 8 people) and up to 4 one-on-one coaching calls per month. Conducted on zoom.
Tailored homework and assignments for you to complete between calls, that we will fully debrief each call to keep your growth and learning in overdrive.	Steph as an accountability partner for 6 weeks following your radical shift session. Steph will check in, challenge you, hold you to account, support and encourage you. Two coaching calls to course correct or go deeper over six weeks following the session.	Strategic advice and peer review available as a “phone a friend” service to bounce ideas off Steph, get her feedback and expertise on a challenge or opportunity, or to see things from a new perspective.
Unlimited text and email with Steph.	Unlimited text and email with Steph.	Email and text communication.
Steph only takes 6 clients in this program per year.	Steph only takes 3 clients in this program per year.	Steph only takes 4 organizations in this program per year.
Cost \$1,500/month	Cost \$9,500	Cost: Tailored based on number of sessions and specific goals.

“ I came to you hoping to get a worksheet or to do list to deal with difficult people. Instead I learned how to lead other people so that they will follow. ”

WHAT CAN YOU EXPECT FROM STEPH?

I believe in discovering and maximizing strength, rather than fixing weakness. I believe that you are creative, resourceful and whole – and that you have the answers that will help you get where you want to go. We will uncover and leverage your power, strengths and gifts, see where you are limiting yourself, and take forward action.

I believe that brave, honest conversations are how we solve the problems we face in our lives, organizations and communities. We will establish a pattern of conversations that will support you to talk about the tough stuff with others too.

I will support, encourage, motivate and challenge you. I will coach you to stay clear, focused and in action. Sometimes I will push you and hold the space for just enough discomfort to support growth.

I will be your champion. I will provide a safe and constructive arena for you to explore, provide perspectives and feedback, and ask a lot of questions. I ask that you trust me enough to be truthful, direct, open and to explore the possibilities.

I am committed to you achieving your goals and transformation and I will be accessible, available and present for you to lean into when you need to.



I will keep what we talk about confidential.

I will provide you with work between sessions to keep your momentum going, and to build habits, attitudes and behaviours that move you towards your goals.

I hold the belief that you are ready to make change and move forward. I rely on your commitment in mindset and action to make that change real. The change will only be as big as you are committed to.

WHAT DOES STEPH EXPECT FROM YOU?

I will look to you for effort, time and energy towards your goals. Change happens through a combination of being and doing, and I will rely on you to bring both.

I look to you for your commitment to your own transformation. Transformations occur when we step into something different and stay with it even if it gets uncomfortable.

I will rely on you to be open and honest and share your experiences, feelings and thoughts as we go. I count on you to work with me as a partner so if we have challenges, we work together to resolve them with courage and a generous heart.