

# EXECUTIVE COACHING WITH LIVE IN THEIR WORLD

Leading an organization or working group can be intensely rewarding and provide a deep sense of purpose. It can also be challenging because of new roles, new organizational goals/structures, and shifts in organizational culture.

As we've seen since the pandemic began, it is challenging to lead during times of crisis, during transitions, and when some or all employees are remote. High performers can feel more pressure than ever, both to continue their high level of performance, and to adjust to new rules of the road.

We understand. We're here to help.



## BENEFITS OF EXECUTIVE COACHING

- **INCREASED PERFORMANCE - BOTH EFFECTIVENESS AND EFFICIENCY**
- **BETTER WORK RELATIONSHIPS**
- **CLARITY OF VALUES, GOALS, STRENGTHS, TALENTS AND ABILITIES**
- **CREATION OF PATHS TO ACHIEVE VALUE-ALIGNED GOALS**
- **INCREASED SENSE OF MASTERY AND PERSONAL SATISFACTION**

## WE WORK WITH CLIENTS TO:

### TRANSFORM:

- identify and acknowledge and harness abilities, skills, and strengths,
- overcome or work around obstacles,
- improve emotional regulation in the face of frustration and setbacks,
- identify challenges and upskill ways to address those challenges.

### ENHANCE PERFORMANCE:

- increase interpersonal skills (e.g., listen and respond effectively, give feedback well, understand social cues),
- improve presentation of self,
- increase emotional resilience,
- manage time and prioritize effectively,
- minimize procrastination and/or perfectionist tendencies that hamper productivity,
- delegate appropriately,
- identify relevant cognitive biases,
- think strategically,
- enhance theory of mind—the ability to put oneself in someone else’s shoes—in order to manage more effectively and understand clients/colleagues better,
- lead teams effectively,
- align goals with values.

### APPROACH NEW ROLES:

- clarify opportunities, challenges, and identity shifts that come with the new role,
- clarify and troubleshoot “people issues” associated with a new role.

## WHY LIVE IN THEIR WORLD FOR EXECUTIVE COACHING?

Founded by clinical psychologist and author Robin Rosenberg, PhD., we apply the science of psychology and learning to our coaching methodology to help clients effect lasting change. We harvest the wide and deep knowledge of scientific psychology to bear in coaching, from understanding cognitive biases, how memory works, the potential upsides and downsides to emotion, to the psychology of groups.

TO FIND OUT MORE, REACH OUT TO US AT [INFO@LIVEINTHEIRWORLD.COM](mailto:INFO@LIVEINTHEIRWORLD.COM)