



EXECUTIVE SPRINTS™ FAST-TRACK COACHING

One objective. Intense work. Fast progress. Real results.

You like to move fast and get things accomplished. It's important that you see tangible progress with everything you do. You always want to feel like you are advancing forward.

Why shouldn't your coaching program move with you?

Executive Sprints™ are eight-week, intensive coaching engagements focused on a single objective and creating fast progress.

You choose your objective, design your action plan with your coach, and have weekly check-ins to help you maintain focus, make progress, and overcome obstacles.

Do you want to expand your influence, upgrade your communication, improve your patience, develop your team, or move beyond imposter syndrome? Sprint it.

When you complete a sprint, you may choose to initiate a new sprint with a new objective, take your current one to the next level, or pause and re-engage in the future. It's up to you.

Because this is a fast-track program, committing the time, actively participating, completing the assignments between sessions, and prioritizing the check-in sessions are essential to get the results you want from this program. Are you in?

Let's talk about how Executive Sprints™ can work for you in your professional development.

Ideal For:

Professionals who want an intensive, time-limited, fast-track coaching program focused on a single coaching objective with rapid results.

Executive Sprints™ Includes:

- A 30-minute goal-setting session to determine the focus of the sprint
- Collaboration on the Sprint Action Plan™ to achieve your objective
- Eight weekly 30-minute check-in coaching sessions*
- Action learning assignments each week focused on the objective
- Brief conversations and emails as needed throughout the program to maintain focus and progress, and accountability

Key Benefits:

- Focus
- Velocity
- Achievement
- Progress
- Results

** Four-week accelerated programs are available for experienced clients*