

# EXECUTIVE COACHING

## 6 MONTH PROGRAM

### PROGRAM OVERVIEW

The 6-month Executive Coaching program is intentionally designed to help you prioritize yourself and comprised of four main programmatic elements to support you:

#### In-Person Session

You will participate in one (1) in-person full day session at your location with your Coach to explore topics and build personalized development plans.

#### Self-Directed Training

In between coaching sessions you will complete modules at your own pace to explore concepts and participate in experiential exercises.

#### Unlimited Messaging

Throughout your program, you will be able to communicate with your Coach and IHP team.

#### Bi-weekly 1:1 Coaching Sessions

You will meet with your Coach bi-weekly to enhance your customized implementation plan and address ongoing challenge(s).

*Materials such as worksheets and recommended reading will be provided to support your learning.*

### 1 In-Person Meeting

### 12 Virtual Meetings (BI-WEEKLY)

### 10 Self-Directed Modules

#### OBJECTIVES

*Bring clarity to who you are at your best, how you want to show up in your key relationships and the type of life you want to lead.*

*Identifying these elements, as well as understanding moments when you are experiencing stress, enables you to design a personalized plan, leveraging science backed strategies, to help you manage your stress, generate energy and positively impact those around you.*

## IHP CORE PRINCIPLES



### PROGRAM OUTCOMES



**Strengthen Emotional Resilience**  
Increase your ability to effectively respond to both chronic and acute stressors.



**Improve Environments**  
Develop environments that support consistently choosing to intentionally recover and connect with other human beings.



**Connect Meaning with Daily Activities**  
Focus on personal and professional daily activities that elicit feelings of meaning and joy.



**Connect With Us!**

## MODULES

#### FOUNDATIONS

Orientation to the program and key principles.

#### HUMAN ENERGY

Learn about the Human Energy System and become familiar with your Stressed Self and Best Self.

#### IMPACTFUL BEHAVIORS

Experience three key behaviors that directly impact your ability to manage stress and generate energy.

#### DEFINING STRESSORS

Identify the difference between stressors and stress, and the importance of emotional regulation. Learn strategies to tackle your chronic and acute stressors.

#### INTENTIONAL RECOVERY

Explore how your daily activities support your ability to recover and identify your personal "tipping points". Learn strategies to improve sleep—the ultimate recovery.

#### SOCIAL SUPPORT

Assess and explore your support system to ensure your needs are being met.

#### STORYTELLING

Identify and rewrite stories you have been telling yourself that are impeding your ability to consistently grow, manage your stressors and be your best more often.

#### PURPOSE PROCESS

Uncover your personal purpose process to gain more meaning and joy in your daily life.

#### RITUALS AND ENVIRONMENTS

Examine ways in which your environments help and hinder your ability to be your best. Establish new behaviors leveraging the CAR model: Cue - Act - Reinforce.

#### LEADERSHIP BRAND

Understand that, like a stock, your Leadership Brand - the impact of your behaviors on each member of your team(s) - is always being traded.

Learn how to achieve genuine buy-in to your specific business priorities and those of the organization from each member of your team(s).