

Leadership Coaching

Space to think. Insight to change.

Good coaching creates perspective.

The fast-paced reality and constantly changing environment in which leaders operate leaves little time to step back, think deeply and make sense of what is happening around them. Decisions come quickly, relationships require attention and the pressure to keep moving can make it difficult to notice the patterns, assumptions and habits shaping how we lead.

Coaching conversations create space to slow the pace, gain perspective and explore what is really going on – not only what is happening, but what may be influencing the way a leader is thinking, responding and making choices.

Seven Levels combines confidential coaching conversations with psychological insight and diagnostic evidence. We focus on the leader in context – who they are, what they are navigating, the relationships and systems around them, and the impact they want to have.

The result is greater clarity, deeper self-awareness and more deliberate choices about what happens next.



COACHING CAN SUPPORT LEADERS TO

- Build greater self-awareness and leadership impact
- Step confidently into a new or expanded role
- Strengthen relationships and influence
- Navigate difficult conversations, conflict and feedback
- Lead through pressure, complexity and change
- Challenge assumptions and established patterns
- Make clearer decisions and take greater ownership
- Create space for reflection away from the demands of the role

START WITH INSIGHT

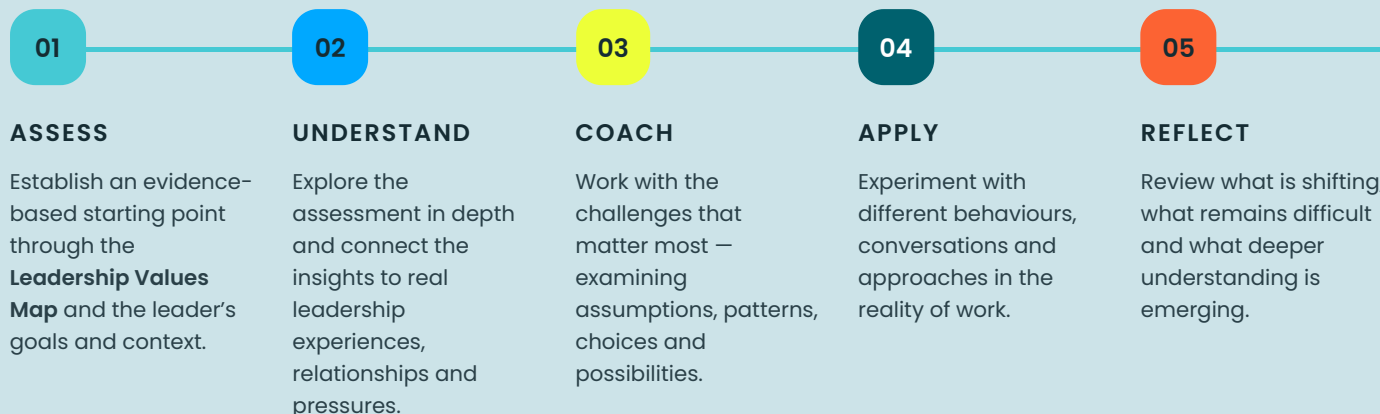
Every coaching journey begins with a diagnostic perspective.

Our core coaching diagnostic is the **Leadership Values Map**, which explores the values and patterns shaping how a leader thinks, responds and relates to others.

It helps leaders understand:

- how they lead when at their best
- what shifts under pressure
- where strengths can move into overdrive or withdrawal
- where competing priorities create tension
- where greater choice and intention may be possible

THE COACHING JOURNEY



The Work Follows the Leader

We provide the structure. You bring what matters.

There is no fixed coaching curriculum. The conversation follows the realities facing the leader — from relationships and organisational change to confidence, decision-making, influence and longer-term development.

WAYS TO WORK TOGETHER

Leadership Coaching Journey

- **Leadership Values Map** assessment
- 90-minute diagnostic debrief
- Six 60-minute coaching sessions over approximately six months

Extended Coaching Journey

For leaders navigating greater complexity, significant transition or longer-term development. This journey includes 12 coaching sessions and a CliftonStrengths assessment.

Organisation-Sponsored Coaching

Clear objectives are established through three-way contracting between the leader, sponsor and coach, while protecting the confidentiality required for meaningful coaching.

CLIENT PERSPECTIVE

“ The coaching was instrumental in aiding me to understand how to behave with people and effectively read the actions and reactions of my colleagues.

Andrea — Regional Sales Manager

“ The coaching sessions were inspiring, insightful and energizing where I was able to view my situation from a completely different angle and see the road to my ultimate dream and solutions.

Sreekanth — Associate Director

Coaching designed around the leader.

Whether navigating transition, challenge or longer-term development, we start by understanding the individual, their context and what meaningful progress would look like.

Talk to us about leadership coaching.