



Coaching & Leadership In Changing Times



















Aren't times always changing?

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Leadership



The role of Leadership in changing times.

Leadership in Crisis Mode:

1. Focus

2. Creativity

3. Action







How can Coaching help?

2 Step Coaching Process:

- **1. Meet them where they are.**
- 2. Challenge them where they are.







How are you feeling right now?

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What kind of help or support do you truly need at this point in time?







What did you discover about yourself during these changing times?







What is your list of new things you have started doing during this lockdown that you would like to carry on doing after the lockdown?







What kind of changes would help you move forward more meaningfully? **Circle of Choice (Choose 1 out of 4) 1. Create / Improve** 2. Reduce/Let Go, **3. Make Peace/Accept**, **4. Appreciate / Grateful**







- 1. Did I do my best to increase my happiness?
- 2. Did I do my best to find meaning?
- 3. Did I do my best to be engaged?
- 4. Did I do my best to build positive relationships?
- 5. Did I do my best to set clear goals?
- 6. Did I do my best to make progress toward goal achievement?



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