



EXECUTIVE COACHING

with **Dr Chantal Hofstee**,
*Executive coach and
Clinical psychologist*



Leadership is not a position, it is a skillset.



Leadership coaching is a dynamic, energising and transformational process that takes a leader's performance to the next level.

True effectiveness in leadership comes from understanding and managing one's own brain processes and strategically using the psychology of leadership to understand and influence others.

Renew Leadership Coaching is designed to support the personal growth of the leader, as well as equipping them with the essential psychological techniques needed in leadership.



Coaching combines two elements;

1. SELF DEVELOPMENT

Research on what makes leaders successful and influential shows that great leaders have great control over their brain and psychological processes, even when under pressure. Our coaching programme is a personal and professional development process designed to give you more insight into your brain and learn how to strategically manage it to bring your leadership skills and performance to the next level.

2. COACHING ON CURRENT LEADERSHIP CHALLENGES

Coaching provides the opportunity to confidentially discuss your current leadership challenges with an independent person. It provides a sounding board and offers a fresh and research based perspective. Your coach will give you insight into the brain and psychological processes involved which often leads to a new perspective and strategic approach to those challenges.

GOALS

The coaching process is driven by the goals that are set at the beginning of each coaching period and reviewed periodically. The goals vary from client to client but the recurring themes include;

- » optimising stress management and resilience
- » enhancing leadership influence and impact
- » increasing confidence and presence
- » effectively changing team cultures
- » leading difficult people



WHO IS IT FOR?

Leadership coaching is aimed at managers and business executives but it isn't for everyone. Leadership coaching requires dedication to the process from both the coach and the client. In order for the coaching to be effective, there needs to be a commitment to openness, self reflection and regular practice of new leadership thinking and techniques to achieve the desired goals.

Due to the nature of the coaching process, Chantal only accepts a limited number of leadership coaching clients per year.

WHY WORK WITH CHANTAL?



In the area of coaching, you don't want to take risks with unqualified coaches that could be wasting your time and resources without adding substantial value to your development. Dr Chantal Hofstee is a Clinical Psychologist, Executive coach and internationally published author with extensive knowledge in the areas of brain research and psychological processes. She translates this knowledge into practical and effective techniques that are designed to optimise leadership influence and performance within the corporate world.



”

WHAT PREVIOUS CLIENTS HAVE TO SAY

“I have found Chantal to be extremely credible and knowledgeable in her field, while also having the key dynamic of being able to relate coaching tools to my everyday work life. The choice of tools used were well suited to me and the areas I needed to focus on and I have referred to them on a daily basis since being introduced to them.

I am thrilled with the progress I have made and the impact it has had in such a short space of time. I strongly recommend Chantal.”

– Partner one of the big four accounting offices in Auckland

“It wasn’t until I started working with Chantal five months ago that I experienced the immense value of working with a great Executive Coach. Chantal has supported and coached me to achieve the goals we set (we’ve now set new goals) ... she has made a significant impact on my development and well worth the investment.”

– Partner at one of the big four accounting offices in Auckland



INTERESTED IN EXECUTIVE COACHING?

To enquire about availability and pricing or to schedule an obligation free meeting, contact Chantal on:

Dr Chantal Hofstee

chantal@renewleadership.co.nz

Phone: 021 877484

www.renewleadership.co.nz