

Deep Dive Coaching Program

The Deep Dive coaching program is an immersive, 12-month leadership development program that creates life-changing transformation for top-level leaders.

Deep Dive Executive Leadership Coaching Program:

This program weaves together deep self-work through monthly coaching sessions and coaching retreats. It is ideal for C-suite or emerging C-suite leaders who want to be more effective and impactful; who want more fulfillment in their role; who may be at a crossroads, wanting to clarify next steps for themselves or their organization; and who want to create positive culture change within their organization.

Program Details:

Typically lasting 12 months, the program includes 40 hours of coaching. Most coaching time is spent with the individual client, and coaching time may also be devoted to meetings with the client's direct supervisor (or chosen mentor) and direct reports. The program also includes personalized assessments: The DiSC Workplace Profile and the CliftonStrengths Profile.

Coaching usually occurs in 1.5-hour sessions twice a month, with two or three coaching retreats throughout the 12-month program. The ideal coaching cadence, and the optimal way to use coaching hours, will be determined in collaboration with the client and can be adapted as needed as the program progresses.

Sample 12-Month Schedule:

Month 1: Two, 1.5-hour sessions: DiSC Workplace Profile; Coaching Vision; Coaching Goals

Month 2: 4-hour coaching retreat: CliftonStrengths Profile; begin Leadership Playbook

Month 3: 1.5-hour session; 1-hour supervisor/mentor meeting; 1-hour facilitated meeting with a direct report

Month 4: Two, 1.5-hour sessions; 1-hour facilitated meeting with a direct report

Month 5: Two, 1.5-hour sessions; 1-hour facilitated meeting with a direct report

Month 6: 4-hour coaching retreat: WHY Discovery Session; update Leadership Playbook

Month 7: 1.5-hour session; 1-hour supervisor/mentor meeting

Month 8: 1.5-hour session; 1-hour facilitated meeting with a direct report

Month 9: Two, 1.5-hour sessions

Month 10: Two, 1.5-hour sessions

Month 11: 1.5-hour session; 1-hour supervisor/mentor meeting

Month 12: 4-hour coaching retreat: Revisit Your Coaching Vision & Goals; Finalize Leadership Playbook

