



ASCEND LEADERSHIP COACHING PROGRAM

RATIONALE

Today's leaders face unprecedented demands on their resilience, creativity, and ability to adapt to changing circumstances. SkyPilots provides holistic leadership development that transforms our clients through progressive self-mastery and powerful ways of leading others. The best results are achieved through our unique combination of mindset, embodiment and skill-set enrichment. There's never been a more vital time to communicate effectively and demonstrate behaviours for sustainable high-performance. This program is designed to answer these needs:

- Orientated to long-term success building, longevity and excelling in all areas of life
- Focused on solutions-orientated coaching and embodied, mindful practices
- Integration of your whole self for conscious, confident and empowered leadership

INVESTMENT

12 month program : \$3500 + GST includes monthly 1 hour coaching sessions, follow-up emails, resource sharing, check-ins, assessments, and guidance from coaching team. Flexible delivery for best fit - in-person, online, regular intervals (monthly recommended).



KEY OUTCOMES

The best results are achieved through our unique combination of mindset, embodiment and skill-set enrichment. Participants deepen their understanding and practices of:

- Being centred in your values and motivations
- Tools for self-leadership, communication and increased awareness
- Clarity on your vision for purposeful impact and action
- Thrive with optimized wellness, performance, and sustained growth habits
- Utilizing key coaching skills as leader/manager
- Giving and receiving effective feedback
- Embodying open communication
- Constructive conflict for change and performance
- Empowering others to enable high-performance practices
- Improved decision-making in high-pressured, uncertain, and stressful situations
- Developing optimal life-work balance
- Self-care practices as a basis for understanding 'self' as a system
- Leading organizational wellness through demonstrated value-sets and behaviours for sustainable high-performance

For more information about our programs and training grants: info@skypilots.io

SkyPilots are your trusted ally for your leadership journey.