HI PERFORMANCE COACHING
STRETCH.THINK.PERFORM

Executive Coaching

Executive Coaching is a structured program that helps leaders in an organization to tap into their own internal capabilities to find solutions to their challenges and achieve optimal performance. It results in long-term transformation.

Coaching is a self learning and self discovery process which makes a person capable of handling any challenges with ease and confidence. Coaching generates next generation leaders

Coaching provides benefits to both business/career and personal life - improves decision making capability, creates emotional endurance to handle conflicts and uncertainties, sharpens focus on business and career goals, creates more self awareness and enhances self confidence, and enhances health, energy and performance

Executives who have higher aspirations are attracted to coaching because they know that a supportive coach will help them get where they want to go more quickly and effectively

Who can benefit

Those in the managerial and leadership position responsible for decision making, managing teams, defining and delivering business strategy, business development and sales.

Coach Contact

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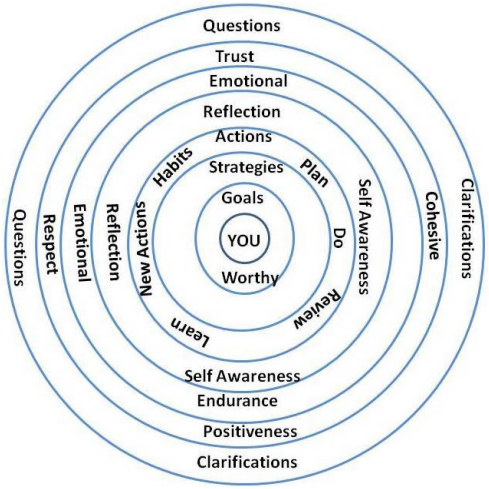
7 - Steps of High Performance Coaching

Typical Executive Coaching engagement is a 12 session engagement consisting of a 90 minute session per week.

A 7 - Step methodology is followed across sessions to ensure effective results.

- Setting Worthy Goals
- Defining Strategies
- Actions – Plan – Execute, Review, Learn, New Actions, Habit formation
- Reflection and Self Awareness
- Building Emotional Endurance
- Create Trusting, cohesive and Positive environment
- Questions and Clarifications

Each of these steps uses scientifically proven frameworks and techniques which will make the individuals to focus and develop new capability that will drive individual's performance and ability to higher level



About the Coach

Sundar is a transformational leader with 25 years of experience in Information Technology industry. He held a number of leadership positions in India, Europe and the USA. His experience spans across corporate strategy, global delivery management, customer relations management, and operations management. His broad based experience in both delivery management and customer management makes him uniquely qualified to provide leadership coaching and mentoring in starting and growing IT and ITES operations.

Sundar has played leadership roles like Chief Operating Officer in Technosoft Global Services, Global Delivery Head for AIGSS(A captive unit of AIG) and various management roles in Cognizant and TCS before embarking on Executive Coaching.

Sundar received Coach training and Certification from Results Coaching System, Australia (www.resultcoaches.com) which is recognized by International Coach Federation (www.thecoachfederation.org).

Sundar is uniquely qualified as EXECUTIVE COACH

- ✓ Extensive experience in corporate world in various positions
- ✓ Global experience and ability to work across cultures
- ✓ Genuine respect and care for each and every individual
- ✓ Active listening skills
- ✓ Strong belief in the potential of each and every individual