Life- Career- & Executive Coaching
For Personal and Professional Success!

By: Regina Fasold, Certified Life-, Career- & Executive Coach
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Benefits of Life- Career- & Executive Coaching

1. And how each coaching area relates to the lives and careers of a FCC Manager
2. When to consider working with a coach
3. How to chose the right coach
4. Where to find a certified and experienced coach
5. Approximate price ranges
6. The free consultation
7. The coaching process
8. Duration of coaching
Consider working with a Coach if you are...

• Feeling there is never enough time…
• Struggling for life – work balance…
• Looking for a new job…
• Managing people, projects, budgets, performance and bottom line success…
• Operating in a highly sensitive environment…
3 Biggest Life Challenges

1. Having a Sense of Life-Work Balance - a certain reserve of time, space, energy, affection, fun, personal development and money that keeps me safe, secure, healthy and happy!

2. Getting back on my feet after a divorce, a severe illness, or death of a loved one!

3. Putting self first and setting boundaries that are being respected by others!
3 Biggest Life Challenges

NOTES:

1. You decide when to take action, what to work on, and how much balance you want to establish.
2. Transitions are easier with a coach at your side – but – be aware that counseling might be needed too.
3. As a leader you are everything to everyone...all eyes are on you, privacy is a luxury. Boundaries are tough to establish without damaging relationships. With professional help it can be done.
How Strong is Your Balance?

Rate yourself (from 0-10) in areas outlined below, connect the dots to see how smooth or bumpy your ride through life will be. Contact Coach Regina to discuss how to smooth out some edges!

3 Biggest Career Transition Challenges

1. Moving past emotional distress quickly and treating job search as a full-time job!
2. Mapping out a solid action plan to move through the transition!
3. New Leader Transition: Onboarding with a new team and identifying priorities! Setting yourself up for success!
3 Biggest Career Transition Challenges

NOTES:

1. Who’s been there knows how a job-loss gets to our emotions, especially if you have been let go without any wrong doing!

2. A Transition Plan includes: Resume update, networking and interview preparations. Answering difficult questions such as; “Tell me about yourself?” Value Proposition; What are your strengths and weaknesses? What is your leadership and communication style? Self-marketing; How to stand out from the competition.

3. Ones back in a new role, on-boarding is often overlooked – there is a lot that can go wrong. To set up for future success you need a sound on-boarding plan that covers: Who to meet, when and in what order, what questions to ask, or not to ask, how to learn the new circumstances of your role quickly, identifying your people’s strengths and challenges, mapping out a plan to support them individually, identifying most important projects to be done in 90 days up to 6 moths and a year, leadership challenges and many more.

3 Biggest Executive Challenges

1. Flying in Formation… communicating, instilling confidence, and supporting your team, staff, politicians and the public!

2. Achieving desired results despite increasingly higher expectations from the public and negative opinions and behaviors!

3. Motivating staff and others to accept, adapt and respond to ever changing circumstances!

The US Navy Blue Angels Team Perform: “Flying in Formation!”
The closest the diamond will fly to each other is 18 inches during Diamond 360 at a lower speed of 400 mph (fastest is 700).

3 Biggest Executive Challenges

NOTES:

1. Executive Coaching is for Managers and “High Potential” Professionals who are juggling a multitude of challenges. It is for go-getters and motivated leaders who seek to build their careers, move up and be the most effective leader they can be!

2. Your Executive coach bottom of leadership…it’s all about people, know how your people tick, it’s about personality types and knowing how to bring each one on board!

3. Your Executive Coach will work with you through all the levels of support your people need from you. Being in a leading role bares so many challenges to reach high targets and quotas. Accomplishing this consistently requires a manager who also coaches a team to work together to reach extraordinary goals…For business planning, budgeting and goal-setting…To integrate business and personal life balance…To prioritize actions and projects…For training, developing managing staff…To turn around a difficult situation…To handle business or personal problems.
When is Executive Coaching Advised?

For Yourself:
- It was suggested in a performance review you need leadership development
- You want to apply for a “bigger role” and need a touch up
- You’re heading up a major project or change initiative
- You’re facing leadership challenges within your team
- You’re working longer hours and still not achieving all you need to do
- You’ve experienced a major life change and are re-evaluating your life and career goals

For a Leader on your Team:
- Staff is quitting because of the management style of an employee
- A leading employee is not as effective as he/she could be
- An employee does not communicate well with subordinates, peers or stakeholders
- You have to develop someone to succeed a key employee
- You want to develop your high performer to take on greater responsibilities
- You want employees to learn coaching skills to lead their teams more effectively

When is Executive Coaching Advised?

NOTES:

- Executive Coaching is for high performers who want to continue to grow and improve.
- Executive Coaching is not to “fix what’s broken!”
- Here are two testimonials from business leaders you all know….
Everyone Needs a Coach!

It doesn’t matter whether you are a basketball player, a tennis player, a gymnast or a Manager...

We all need people who can give us feedback. That’s how we improve!

Bill Gates, TED Speech, April 2013
The best advice I ever got was to get a Coach!

NOTES:

John Doerr (a successful Venture Capitalist), who in 2001 said to Eric Schmidt, CEO at Google: “My advice to you is to get a coach.”

Schmidt: I initially resented the advice, because after all, I was an experienced CEO. Why would I need a coach? Am I doing something wrong?

Doerr: No, everybody needs a coach! Every famous athlete and performer has somebody who coaches them.
What is so special about Coaching?

- The coaching relationship is unique!
- It is a confidential & judgment free zone!
- Your Coach is unconditionally supportive!
- Focused on your best life and career!
- Your Coach never has a “hidden agenda”!
- Your Coach is a “sounding board”!
- ONLY place to vent or do a “brain dump”!
- Try on new thoughts, strategies & behaviors!

How to find the “right” Coach

- Chose a certified coach!
- Know your objectives for working with a coach!
- Interview at least 3 different coaches before deciding!
- Ask about background, training, coaching experience, references or testimonials, outcome of similar situations!
- Make sure there is a connection between you and the coach you chose!

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Cost of Coaching

The cost for coaching differs greatly depending on: location, area, certification level and experience of coach!

- Life Coaching: $80 - $150/session
- Career Coaching: $100 – $250/session
- Executive Coaching: $250 - $450/session

Frequency and Length of Coaching

**Warning:**
Do not sign a 1-year contract because the coach requests it!
Don’t be mislead to think a coach is credentialed because he/she makes it exclusive or expensive to sign up! Ask for certification!

- You decide what works with your schedule and budget!
- Most clients coach 2-3 times/month
- It is recommended to engage a coach at least for:
  - 3 months with a life & career coach
  - 6 months with an executive coach
  (This is the time it usually takes until change occurs)
- Upon completion of an initial coaching phase of 3 months the client should be free to stop or continue the coaching on a monthly basis.
Where to Look for Certified Coaches

- The International Coach Federation:  
  www.CoachFederation.org

- Contact our office:  
  www.ExecutiveCoachingOrlando.com  
  we will find the right coach for you!

- Soon to be launched: (expected 1/1/2015)  
  Global Directory for Certified Coaches  
  www.CertifiedCoaches.com
Free Self-Assessments

www.ExecutiveCoachingOrlando.com

- Assess your Leadership Skills
- Assess your Emotional Intelligence
- Assess your Executive Presence
- Executive Career Transition

Regina Fasold is a Professional Certified Coach of 10+ years. She coached over 300 senior executives throughout the USA and 25 countries around the world to higher life-, career- and leadership goals.

Growth can occur in the toughest environment!

Find out how Coaching can Change Your Life & Career:

Contact us for a Free Consultation

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