



**Jennifer Deane**  
COACHING

The following outlines the benefits and approach for a 12 session executive leadership coaching program with Jennifer Deane, Professional Certified Coach.

## Jennifer Deane, BA, CPCC, PCC



Jennifer Deane, PCC is an Executive Leadership Coach, Consultant and Facilitator. She has over 17 years of experience helping to bring out the best in people who seek to lead themselves and

others in a more engaged, productive, and purposeful way. For the past 8 years, Jennifer has worked extensively alongside women in leadership positions to help them develop into visionary, confident, and inspirational leaders. Jennifer has delivered leadership and communication training and coached senior executive women across Canada, the US and Mexico.

Central to Jennifer's approach is the idea that all leaders must be exceptional listeners and communicators to inspire positive change.

She believes organizations are training grounds for developing engaged global citizens and stewards of our planet. At the foundation of her work lives her core belief: the most effective way an organization can attract and engage their people, is to foster a culture of coaching and accountability.

Jennifer lives in North Vancouver, Canada with her husband and two daughters who remind her constantly that they are only 8 and 12 and while they are committed to changing the world, they need to do it alongside being young girls. Recent clients include, Vancouver Coastal Health, The Humphrey Group, The Women's Enterprise Centre, LUSH Cosmetics, The British Columbia Lottery Association, YYoga, Keyano College, Community Futures of Howe Sounds, Interior Health, Fitin30, Ottawa Hydro, and the Healthcare Leaders Association of BC.



## KEY BENEFITS

			
<b>CONFIDENCE</b>	<b>INFLUENCE</b>	<b>INTENTION</b>	<b>IMPACT</b>
Coaching leads to self awareness that translates to the outside world as confidence. When you lead with a strong connection to your leadership identity, you experience a powerful sense of pride and purpose. This enables you to feel confident internally and project confidence externally.	Coaching helps you develop communication skills to increase your influence. To effectively influence others you must tap into the mindset, knowledge and skills of a group, point individuals toward a common goal, and draw out a commitment to achieve results.	Coaching forces you to confront your operating habits and provides a structure for you to build a sustainable way to live and work. You learn how to find the right balance of structure and flow as you develop habits that will support you in living and working the way you intend.	Coaching helps you develop a very clear understanding of how you impact and add value to the world. You learn how to clearly communicate your value and vision (and the value of your teams) in a way that inspires others to help you achieve your goals.

## APPROACH

The coaching program includes 12 X 45 minutes sessions as well as brief phone check-ins and all email contact during the program. The dates and times of meetings are pre-booked and can be adjusted with 24 hours notice from either party. Up to 3 sessions can occur in person and others will be conducted virtually using the zoom platform. Jennifer's team will ensure that the Coachee has access and instruction on how to use Zoom Software.

In partnership with the Coachee, Jennifer uses a combination of inquiry and consultation throughout the coaching process. This unique approach allows for the achievement of breakthrough goals in business and career while developing new leadership and communication skills, and resolving situational roadblocks that may emerge along the way.

The table below reflects a typical 12-session coaching engagement.

<b>CONNECTING / CONTRACTING</b> Approximately 3 Sessions	<ul style="list-style-type: none"><li>- Establish fit with Coachee</li><li>- Establish clear roles and confidentiality agreement with all parties</li><li>- Conduct EQ in action profile (if applicable)</li><li>- Establish coaching focus in form of coaching development plan</li><li>- Validate &amp; align plan with Sponsor/Coachee's Leaders &amp; finalize plan</li></ul>
<b>COACHING SESSIONS</b> Approximately 8 Sessions	<ul style="list-style-type: none"><li>- Coachee complete coaching prep form in advance of each session - form is customized for the coachee and aligned with the coaching development</li><li>- Coach &amp; Client engage in 1-hour coaching session</li></ul>
<b>REVIEW PROGRESS / NEXT STEPS</b> Approximately 1 Session	<ul style="list-style-type: none"><li>- Touchpoint with Coachee &amp; Sponsor/Coachee's Leader to measure progress at the coaching development plan &amp; determine next steps in coachee's development</li></ul>



## OUR BLOG

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### Executive Leadership Coaching - Individual

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### Executive Leadership Coaching - Corporation

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