



Executive Coaching committed to getting you outstanding results.

At its core, **executive coaching** is a **development** tool to help **remove your blind spots** and **remove what gets in your way** (like your *negative self-talk* and your *saboteurs*) to gain a **fresh perspective**, build a **growth mindset**, and **develop something new**. To be the successful executive and “great leader” you desire to be. That you are *meant* to be.

You know your business. Your industry. How to run it and turn a profit. Create an ROI or measure EBITDA for your investors. What I can coach you on is how you “show up” as a leader. How “*who you are*” aligns with “*how you lead*.” That you gain a **deeper insight, awareness** of the **impact** on others around you: your team... your colleagues... your family. That you have more “ease & flow” in your life. Less stress. More productivity. Better results. More happiness. Better performance. Improved relationships—at work, and at home—and overall an increase in life satisfaction.

Coaching involves deeply **listening**. Asking **insightful questions**. And **challenging** you. Challenging your current thinking... your current perspective... your current comfort zone. Creating a **shift** in your **mindset**, as you dive into **deep self-exploration**... moving from ‘good’ to ‘great’ leadership.

Coaching is not telling you what to do or solving your problems for you. I am not here to fix you, nor do I see you as a “problem to be fixed.” Instead, I view you as “*whole and resourceful*” already; someone who can create change when asked the right question in a **supportive** environment, while holding your hand (metaphorically) **and holding you accountable** for

the **S.M.A.R.T. E.R.** action steps you **commit to take**.

In summary, to have a successful coaching experience requires a willingness for **deep reflection** on your part, and a **commitment to take action: bold, audacious action!** I will guide **you** to find the answers *within*, but I will not do the work for you.

Transformational, executive **coaching** is not for the **non-courageous**.

As a coach, “*I partner with you in a thought-provoking, creative and challenging process that inspires you to maximize your personal and professional potential.*”¹ Consider me your unbiased ‘**thought partner**’ and ‘**accountability partner**’ as you move from ‘current state’ to ‘desired state’—where you **emerge**, forever changed (transformed)! I can assist you in getting better at whatever you seek to improve.

And because I am not your boss, I do not provide input into your performance appraisal, nor do I decide if you get a promotion or salary increase; thus, I am only **committed to help you become the ‘great’ leader** you seek to be.

I use evidence-based coaching methodologies (**co-active, brain-based, action-learning, problem-based, strengths-based, appreciative inquiry, competency-based, Positive Intelligence**) to **co-create action steps** and **robust coaching plans**. These techniques are based on neuroscience, cognitive and positive psychology, and performance science and the latest best practices in coaching methodologies.

<https://www.innercor.com/karen>

Karen du Four des Champs,
PCC, CPCC, ORSC, COF, CPQC Coachtransforming ‘good leaders’ into ‘great leaders’ since 1995

¹ International Coaching Federation (ICF)’s definition of professional, credentialed coaching.