

# SPEED COACHING *Helping Employees Thrive*



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## What is Speed Coaching?

Ever Better® Speed Coaching, an employee wellness program, gives participants the opportunity to address a challenge that is impacting their work in a confidential, one-on-one coaching session. Outcomes from each session will include one or more of the following:

- Clarity around a challenge
- Awareness of obstacles
- Shift in mindset
- Commitment to taking one action

## How Does Coaching Work?

During a 30-minute, one-on-one session, the coach steps through a process to identify the participant's goal, options for making progress, potential obstacles and actions. Through this process, the participant views their situation from a different perspective so that they can move forward with greater confidence and clarity. The coach does not offer unsolicited advice or consulting. Rather, through powerful questioning and a complete focus on the client, the coach guides the discussion so that the client achieves a breakthrough or creates an action plan. In the days and weeks following the session, clients frequently revisit these discussions and achieve greater clarity.

## Speed Coaching Participants Said:

- “This session will help me set up my team for success and make better hires.”
- “I've been unclear on my goals and this coaching session has helped me to articulate them.”
- “I feel excited and inspired from having a new perspective from someone who is genuinely interested in my growth.”
- “After our coaching session, I was prepared and confident for my meeting. You really helped shift my mindset. Thank you!”

## About Ever Better Coaching and Consulting

Lisa Conners Vogt, Ever Better's principal coach and consultant, is certified through the International Coach Federation (ICF) and the College of Executive Coaching. When engagements require a larger team, she draws on her extensive network of certified coaches and highly rated consultants. Lisa has coached hundreds of clients one-on-one, in workshops, and small groups, and has a proven track record for inspiring business leaders to make transformational changes. Through the *Founders and Startups Podcast*, she shares discussions with entrepreneurs who have overcome challenges to create thriving organizations. Lisa's background includes 30 years of leadership in corporate, non-profit and entrepreneurial settings. She earned her M.B.A. from University of Rochester and B.A. from Colgate University and holds the Accreditation in Public Relations from the Public Relations Society of America.

## Address Productivity Challenges

Employee productivity can be impaired by challenges at work, home or in social situations. Regardless of the origin, these challenges can impede progress or even cause it to grind to a halt. Speed Coaching can help to address the types of challenges shown below.

