

# Executive Coaching

## Programme Overview

### Summary

An executive coach is a qualified professional that works with individuals (usually executives, but often high-potential employees) to help them gain self-awareness, clarify goals, achieve their development objectives and unlock their potential.

Executive coaching creates the perfect feedback loop whereby executives can gain valuable opinions and feedback to help seek continual improvements. It helps celebrate transparency and communication, ensuring executives feel listened to and valued.

### Style and Approach

One to one sessions with a qualified coach.

### Programme Structure

The frequency and number of coaching sessions (usually 6) and objectives for each session are decided between the participant and Coach.

### Audience

Exec / Band 1

### Group size

1 Participant

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## Preparing for the workshop

Initially, participants would choose 2 or 3 coaches from a selection. They would then have 'chemistry' meetings with each before deciding on which coach they want to select.

## Outcomes

These will be personal to each participant in line with their personal development plan

How to Apply:  
Please email - [CoachingPool@networkrail.co.uk](mailto:CoachingPool@networkrail.co.uk)