



# ChiefAbility

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**EXECUTIVE COACHING  
INSPIRING POWERFUL LEADERSHIP  
IN ALL AREAS OF LIFE**



# A bit about LiveUnbound

LiveUnbound is a Leadership, Performance & Team Development Consultancy

**Our Belief** is that each and every person and team has incredible untapped potential.

**Our Purpose** is to help and empower global organisations to unleash this potential, creating Winning Teams, Authentic Leaders & Outstanding Results - expanding their impact for themselves, their organisations and the world.

And we do everything through a Partnership centred on **Our Core Values** of Integrity, Compassion, Innovation, Execution and Excellence.



Executives are facing unprecedented organisational change and complexity. They are under tremendous pressure to improve organisational performance, respond to changing market demands and develop their people.

## Working with us...

Executives gain new insight into strengths to be leveraged and behaviours that may be limiting success. We provide a safe and confidential environment to engage in meaningful dialogue, receive objective feedback, and develop new skills. Acting as a sounding board and a thought partner, we encourage intentional thought, action and behaviour changes.

## We have developed...

In conjunction with executives and entrepreneurs, a **highly effective executive coaching process** that is a uniquely challenging and supportive working partnership that benefits individuals and organisations by optimising Leadership, Purpose, Emotional Intelligence and Performance both professionally and personally.

# Our Executive Coaching Practice

- Adaptive, custom built and embedded one-to-one coaching programme designed to create sustained positive impact on Management and C-Suite Executives.
- Assist Executives in evolving and enhancing their professional and personal development and effectiveness on-the-job and personally.
- Comprising a Mental, Physical and Emotional paradigm for optimum effectiveness.
- Completely confidential and provides the individual with a supportive yet challenging forum, inspiring openness and awakening courageous authenticity. The power of being authentic is infinite.
- Gives the individual a space to slow down and assimilate powerful and content best next steps.
- Empowers & Facilitates extraordinary results and achievements.
- You are an expert in your field - to become a great leader, you must also become an expert of yourself.

## Key components

- **Contracting and Engagement.**
- **Coaching sessions over a 6 month period minimum to create sustained positive impact. (online video, telephone or in person as per client preference & logistics).**
- **5 core module programme with time allocated each session to work through any live matters that the client wishes to explore. Core Modules: Wellbeing, Leadership, Purpose, Performance & Emotional Intelligence.**
- **Takeaway exercises & elite best practice development literature.**
- **Email and phone support.**
- **Facilitating and empowering the Client both on-the-job and personally.**
- **Assessments dependent on context: Emotional Capital Report, insights Discovery, DISC Profile or Leadership 360 assessment.**
- **Assessing progress and feedback.**

## The benefits

According to the ICF Global Coaching Client Study, companies that use or have used professional coaching for business reasons have seen a median return on investment of seven times their initial investment. Individual clients reported a median return of 3.4 times their investment.

AUTHENTIC LEADERSHIP

IMPROVED SELF-REGULATION & SELF-RELIANCE

ENHANCED PRODUCTIVITY & OPTIMAL PERFORMANCE

ESTABLISH AND TAKE ACTION TOWARDS ACHIEVING GOALS

RESPONSIVE RATHER THAN REACTIVE

EFFECTIVE FEEDBACK AND COMMUNICATION

BETTER SOCIAL SKILLS

INCREASED EMOTIONAL INTELLIGENCE

INCREASED BUSINESS PROFITS

PURPOSEFUL LEADERSHIP

EMPOWERED DECISION MAKING

DRIVING RESULTS AND ORGANISATIONAL SHIFTS

GAIN MORE JOB AND LIFE SATISFACTION

# Executive Coaching may be right for you if you find yourself asking these questions:

- Are you satisfied that you are optimised at performing and leading?
- Do you know what your purpose in this life is?
- Have efforts to change myself, my team, or my company been disappointing?
- How can we develop new ways to attack old problems, instead of simply repeating the same mistakes?
- How well do our senior executives meet the challenge of leading and developing others in the organisation?
- How are we building the capabilities of individuals who have been identified as future organisational leaders?
- How well are our current executives dealing with the rapidly evolving work environment?
- Are we living our lives wholly and balanced?
- Are we wasting time with mediocrity?

“As a professional executive coach Stephen gives an objective perspective and enthusiastically supports us to take Extern to the next level. I worked with Stephen on a one-to-one basis which more than increased my Leadership capacity, Performance levels, Wellbeing and Personal Effectiveness in all areas of my life. He brings out the best in people and is extremely effective in understanding what makes them tick and what matters to them. He makes things happen and gets results. A pleasure to work with and highly recommended.”

“Stephen is an inspirational leader, an enlightening facilitator and an exceptional strategic thinker. I worked with Stephen on a one to one basis which I found profoundly impactful for my career and personal life. Stephen guided me through techniques which helped me assess and make decisions on my future goals with assertiveness and execution. Stephens coaching encouraged me to evaluate aspects of my life in a way I would not have considered before. I would highly recommend Stephen and the coaches at LiveUnbound for anybody interested in going from good to great or anyone looking to get back on the horse!”

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