

Michael Stern Associates



COULD YOU BENEFIT FROM AN EXECUTIVE COACH?

Ten Questions from Michael Stern Associates

Perhaps *your* first question is “why would I need one?”

You have a successful career. You’re in a senior role. Why would you consider a coach?

Ask any top athlete. Even the champions have coaches - to help them adapt to changing circumstances, so they can play better and feel better. It’s not about fixing something broken. It’s about mastery.

Could executive coaching help you?

1. *Do you spend too much time “in the weeds” – working at a level of detail that should really be delegated to others?*
2. *Could a “sounding board” help you make better strategic and operational decisions?*
3. *Do you wish you had more time for the higher-level, more strategic elements of your job?*
4. *Would you like to develop your people to become more engaged, self-sufficient and productive?*
5. *Do you sometimes feel overloaded by all the people and tasks competing for your attention?*
6. *Could you benefit from more frequent, more candid feedback?*
7. *Do you sometimes miss the days when you could just kick around ideas with your peers?*
8. *Is there an element of your management style that might be getting in the way of further success?*
9. *Do you want a better balance between work and personal life?*
10. *Are you open to feedback and positive change?*

If you answered “Yes” to two or more of these questions, please call or email me for a free introductory discussion.

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