

Function Better. Lead Better. Develop Others Better.



Coaching for strong leaders who want to grow stronger in self-awareness, maturity, relational effectiveness and impact at work and at home.

WHO THIS IS FOR

This work is for strong leaders who sense familiar solutions are no longer working.

- Lacking trust in others, controlling outcomes or blaming others
- Avoiding, softening, or letting people off the hook in hard conversations
- Burning out from carrying relational strain with colleagues or family members
- Experiencing tension, distance, or disconnection at work and at home

Stress and burnout are often not simply the result of having too much to do. Burnout emerges when leaders get caught in a responsible position for the functioning, emotions, choices, or outcomes of others.

WHAT LEADERS GAIN

Better functioning in important relationships

Greater clarity about self, responsibility, boundaries, and relational patterns.

Greater maturity under pressure

More capacity to stay steady, connected, and thoughtful amid challenge and complexity.

Healthier, more intentional leadership

A stronger ability to develop others, reduce reactivity, and increase impact over time.

WHAT IT IS LIKE TO WORK TOGETHER

Clients describe my coaching style as reflective, direct, practical, and relational. I help leaders slow down, see their patterns more clearly, and make more intentional choices in the real challenges of life and leadership.

SYSTEMS BASED

Drawing from Bowen Family Systems Theory and 5 Voices, this coaching helps leaders better understand their patterns, relationships, and impact within the systems they lead.

CORE ENGAGEMENT

6 months | 12 sessions

This structure creates space for reflection, pattern recognition, practice, and meaningful growth.

NEXT STEP

A coaching engagement begins with a conversation about fit, goals, and the real leadership challenges you are trying to solve.

Schedule a conversation to explore whether 1:1 leadership coaching is the right next step.