

COACHING

Unlock Your Leadership Potential

Athrú's coaching program is designed to elevate team performance, productivity, and personal leadership skills by leveraging individual strengths and identifying areas for growth. Our coaching is aimed at aligning professional goals with organizational objectives, ensuring your leaders are primed to lead with confidence and make a significant impact.

How the Process Works

All coaching is geared toward the primary goals of growth, transformation and insight leading to meaningful change.

- 1. Collaboration With the Organization:** Athrú partners with the sponsoring Organization to understand your business needs for Coaching and identify your goals for the Coachee.
- 2. Engagement and Goal Setting:** The Athrú coach meets with the Coachee to set personal goals and align them with the Organization's goals.
- 3. Coaching Sessions:** The coach and Coachee meet 1 -3 times per month. The coach facilitates reflection, offers support, and holds the Coachee accountable for working towards their goals.
- 4. Organizational Feedback:** The Coach meets with the appointed organization representative to report on employee progress and engagement in Coaching and discuss workplace performance changes.

FORGE HIGH-IMPACT LEADERSHIP TEAMS

✔ Problem Solvers, Not Just Coaches

Athrú isn't just about coaching; we're problem-solving experts. Our coaches, with deep experience in behavioral health, take a holistic approach, tackling issues at their core, not just on the surface.

✔ Whole-Person Focus

Experience a transformative journey towards improved performance as we focus on the whole person, addressing root causes, building trust, and fostering insight for lasting, meaningful change.

✔ Trust-Building Approach

At Athrú, we prioritize trust. Our coaches work collaboratively with you, establishing a strong foundation that allows for open communication and a deeper understanding of your unique challenges.