

Cathy Shaughnessy

Certified Executive Coach

A recent study revealed that 78% of enterprise executives view executive coaching as "credible and valuable." Here's the key question: What do they know that you may not?

Coaching - once synonymous with remediation - is now recognized as a vital driver of personal and professional performance in the organization.

As a Certified Executive Coach, I give forward-thinking Senior Leaders...

- An outsider's unique (and usually more objective) perspective
- Intelligent growth and development strategies and proven, customized tactics to create positive change
- A creative, problem-solving, thinking partner you can speak to in confidence
- The ability to develop and draw on your own hidden talents
- A development partner who respects your achievements and potential
- An accountability partner who insists on exceptional performance
- A peer who will tell you the truth, no matter what

Why is the truth so important? Because, like most Senior Leaders, you may be surrounded by people whose job depends on pleasing you. It may be difficult to get to the truth when so many people are intent on putting the best possible spin on the data they deliver to you.

And if you're like many coaching clients, you may have few peers in your organization. You may have no one on your level with whom you can simply brainstorm...or vent. That's where a great coach comes in!

The Truth About Executive Coaching

You could say that executive coaching is about productivity, performance and results. I say, "executive coaching is about getting to the truth." Because you can only make fundamental improvements – the kind that help you perform at your best – when you know the truth about yourself, your organization and what may be holding you back from peak achievement.

I'm a Certified Executive Coach with over 25 years experience in the talent development field. Unlike your fellow executives, your subordinates, your stockholders, your board of directors (and possibly your teenage children), I'll always tell you the truth...the good and bad. I'll do it with kindness...and a sense of humor...but you'll always get the truth from me.

That's one of the benefits of working with me: Senior Leaders hear the unvarnished truth...the truth about their talents and their deficits; their successes and their opportunities for improvement.



It all starts
with a conversation

Are you a good candidate for coaching? Let's talk!

Cathy Shaughnessy, CEC

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