

EXECUTIVE COACHING

BUILD YOUR OWN PATH TO SUCCESS



EXECUTIVE COACHING: BUILD YOUR OWN PATH TO SUCCESS

Have you ever said to yourself "I want to get over there, but I'm not sure how to do it?" You might have thought you needed guidance or candid feedback from someone who could provide either, privately and objectively. If that's the case, then a professional coach might be the answer for you!

Coaching is a process aimed at supporting you translate learning to action by pairing you (or a small group of employees) with an experienced professional who can help you achieve your desired objectives in any of the following:



- ✓ Progressing your career
- ✓ Managing skillfully
- ✓ Communicating with influence
- ✓ Leading others
- ✓ Working in teams
- ✓ Speaking in public
- ✓ Planning strategically
- ✓ Getting organized
- ✓ Being tactful and dealing with others

WHY COACHING?

-  Coaching is an effective methodology to help you discover avenues for achieving your goals or for overcoming challenges on professional and/or personal levels.
-  Coaching is about expanding your potential, creating alternatives, and discovering new strengths. In a coaching conversation, we invite all parts of ourselves to join in.
-  Coaching is the science behind developing the art of possibility.

METHODOLOGY

Meirc uses a coaching technique known as Co-Active* Coaching, which is an experience of personal and professional development unlike other kinds of coaching. Based on the Co-Active Model, it begins by holding employees as naturally creative, resourceful and whole, and completely capable of finding their own answers to whatever challenges they face. The job of a Co-Active Coach is to ask powerful questions, listen and empower, to elicit the skills and creativity an employee already possesses, rather than instruct or advise. The Co-Active Coaching model is approved and supported by the International Coach Federation.

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THE COACH



A US-graduate with rich experience in organizational behavior acquired through a professional career spanning the Middle East, Europe and North America.



A coach who walks the talk; an avid reader with a holistic approach to developing others.



A subject matter expert with extensive experience in training and development.



Ibrahim Al Yafi

THE TAKEAWAYS

Building your own path to success



Acquiring practical ways and tools to apply learned concepts



Creating your personal and actionable development plan to achieve goals and overcome challenges

* CO-ACTIVE COACHING



The Co-Active Coaching Model, which was developed by Henry Kimsey-House, Karen Kimsey-House, Phillip Sandahl and Laura Whitworth, requires the coach to use all the elements highlighted in the figure on the left to ensure the best outcomes for the client. It is a proven model that has stood the test of time in its effectiveness for over two decades.

THE INTERNATIONAL COACH FEDERATION (ICF)

The ICF is the most prestigious internationally recognized organization in the world of coaching. It upholds the highest of standards in the field, ensuring any coach it certifies is rigorously tested in many aspects. Additionally, it provides support and opportunities for the coaches to continually develop and grow.

For further information on the ICF, please visit their website at www.coachfederation.org.

CONTACT US

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