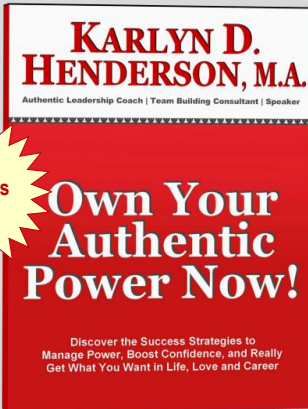




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## 7 REASONS WOMEN NEED LEADERSHIP COACHING

The role of leader is more complex in today's marketplace than ever before. Like their male counterparts, women require the training and professional experiences that will best prepare them to move forward in career and business. However, unlike their male counterparts, women require gender-specific leadership experiences and training to address the special challenges faced by women serving in a leadership capacity. In my experience in coaching and mentoring women leaders, I've discovered women need leadership coaching to:

### #1: Live Vision

Leadership coaching helps women develop a personal vision. A personal vision provides the direction necessary to guide the course of a woman's days and the choices they make about your career and life.

### #2: Find Sense of Balance with Life and Career Strategies

Women need to learn how to master a holistic life style. Coaching helps women recognize and manage their career and life choices.

### #3: Build Leadership Presence

Through leadership coaching, women learn how to claim their power and use their voice, as well as gain visibility within their organization or industry.

### #4: Conquer Second Guessing

Leadership coaching assists women to overcome the "pretender syndrome", where they feel they are not good enough or do not deserve their leadership roles in the marketplace and in life.

### #5: Master the Marketplace

When women work in an organization, they are typically internally focused on work while men are externally driven. Leadership coaching empowers women to manage the political environment with profitable strategies in the marketplace.

### #6: Let Go and Move Forward

By nature, women generally take things personally and emotionally. The "inner critic" is quick to criticize and tolerate blame. Leadership coaching empowers women to move beyond taking work and life too personally in developmental feedback, understanding mistakes, and/or conquering challenges.

### #7: Overcome Fear

Overcoming fear of failure is crucial for success. For many highly successful women who have accomplished great things in life, leadership coaching allows women to recognize that failure is merely a stepping-stone to achieving greatness.

## COMPANY IMPACT

The Coca-Cola Company  
Suntrust Bank      UPS  
Federal Executive Board  
Elekta              FEMA  
Home Depot      SSA  
CDC              Crystal Springs

## SPEAKER TOPICS

I Own My POWER  
Art of the SMART Request  
The Abundance Mindset

## AS FEATURED IN



*"Ms. Henderson is very professional and was a great asset to our organization. She was able to quickly learn the team's dynamics, workflows and objectives."*

~ Director R&D, Elekta Inc.