

# The Fast-Track Executive Challenge Program™



A Four-Week Individualized Coaching Interaction  
Designed for Focused Achievement

## Program Description



Executive Coaching  
Leadership Development  
Career Transitions  
[www.ExecutiveVibes.com](http://www.ExecutiveVibes.com)  
Tel. 800-617-4230

# The Fast-Track Executive Challenge Program™

A Four-Week Individualized Coaching Interaction  
Designed for Focused Achievement

## Overview

This is a short-term, personalized, targeted program aimed to help you make real progress on “one challenge in your work life” that you want to address.

In just four weeks, the Program will take you through multiple stages and steps, each designed to develop clearer focus on the challenge you’ve selected as well as to formulate a practical plan of action that will aid you in resolving your challenge.

## Defining Your “Challenge”

What is a “challenge.” For sure, you can come up with several without much thinking. But, for example, here are a few ones that are commonly encountered.

The need to...

- Develop strategies for greater efficiency on the job,
- Learn how to effectively deal with disruptive/interruptive colleagues,
- Become more skillful at handling conflict,
- Formulate a strategic direction for your career,
- Develop a plan for your personal and professional development,
- Become systematic about identifying job accomplishments
- Assess whether you’re focusing on the right things in your job for maximum success
- Build a network of friends and colleagues who will be a support system throughout your life and career

## The Approach

The idea is to take **just one challenge** and work on it in a concentrated period of time so that a solution becomes possible.

*We use a solid process to move you along from one step to the next – from the beginning where it may be difficult to express all the dimensions of the challenge to the final stage where you not only understand the challenge but have a real action plan for addressing it.*

The single, central focus of the Program makes progress and completion much easier.

## Logistics

**Duration:** The Program last for four weeks, typically consecutive.

**Meetings:** Meetings are held by phone at scheduled times. This increases efficiency and focus as well as helping to keep costs low. Meetings last 50 minutes, although program participants may devote more time to program-related activities in-between meetings.

**Meeting Times:** Meeting times are agreed upon in advance. Normally, they occur on the same day of the week and at the same time of day. For example, four consecutive Tuesdays at 3 p.m.

**Time Between Meetings:** Depending on the nature of the challenge being addressed, there may be “homework” in between meetings. This “homework” can consist of data gathering, experimenting with new approaches, suggested reading and/or other activities intended to foster progress in meeting the challenge.

## What Happens Each Week?

Although there can be variation based on the nature of the identified challenge and other factors, typically the four meetings in this Program will address the following matters.

**Meeting 1:** This meeting is devoted to getting acquainted and defining the challenge selected and identifying what would constitute successfully meeting the challenge.

**Meeting 2:** This meeting is spent exploring the challenge in greater depth (if necessary), developing background information, identifying past and future road-blocks, and brainstorming options for meeting the challenge.

**Meeting 3:** This meeting is devoted to fleshing out the options identified in the previous meeting, evaluating the pros and cons of each, picking several of the most viable and then narrowing the selection down to one or two options. Concrete steps needed to meet the challenge are identified. “Homework” for the coming week may include following through on the selected steps. Time is also spent identifying structures that can be used to support further progress.

**Meeting 4:** This meeting focuses on assessing the work to date and developing a full-fledged, step-by-step action plan. It will also be used to identify resources and impediments, and to review support structures advisable for continued progress after conclusion of meeting.

## Energy, Movement, Motivation, Results!

At the end of this program, the participant will have fully explored the challenge he/she selected, will have begun concrete steps to meeting the challenge, and will have a solid action plan to complete whatever steps remain to be taken.

## Getting Started

Getting started is easy. Just call **1-800-617-4230 (ext. 3)**

or send an email to **Challenge@ExecutiveVibes.com**

We will discuss what you might want to select as your challenge, whether the Program is a good fit for you and answer any questions you may have about it.

## Why You Shouldn't Delay

Openings in this Program are limited. The earlier you sign up, the more likely that your day and time preferences can be accommodated. The sooner you get started, the sooner you'll meet your challenge!

## Program Fee

The fee for this Program is \$995. It is payable in advance. Your satisfaction is guaranteed.



The Executive Strategies Group LLC is an executive coaching and leadership development firm.

We delight in helping clients become fuller, more capable executives and truly enjoy working with them.

We believe that executive coaching, properly conducted and with the requisite commitment of energy and resources, can be transformative in the personal and professional lives of many people.

If you think you might benefit from executive coaching, whether you're an experienced executive, a professional just beginning your career, or someone who simply wants to improve his or her overall effectiveness, we invite you to get in touch with us.

Visit us at our web site ([ExecutiveVibes.com](http://ExecutiveVibes.com)) to learn more about our services.

*P.S. If you haven't already done so, we invite you to sign up for our regular email newsletter, Leadership Alert, at [ExecutiveVibes.com](http://ExecutiveVibes.com) and get along with it a free copy of our 39-page report The Insider's Guide to Executive Coaching.*