

Executive coaching

For senior leaders and CEOs.

One-to-one coaching to help leaders sharpen decision-making, build confidence, strengthen their leadership style, and achieve meaningful results. Practical, focused, and grounded in the real world. This overview shows what the coaching covers, how it works, and how to start.



WHY COACHING

As you move up, the *feedback gets quieter.*

The candid input that comes naturally lower down fades with seniority, and blind spots grow. Coaching gives you a confidential space to think, decide, and lead at your best.

A confidential sounding board

For the decisions that have no obvious answer, with someone outside the politics of the room.

Time to clarify priorities

Structured space to step back and give your attention to the work that matters most.

Support for the hard parts

Confidence, resilience, and the conversations you have been putting off.

A coach who challenges

Someone who tests your thinking and pushes you towards sharper answers.

Six areas, shaped around *you.*

Leadership development

Growing the range and judgement your role now asks of you.

High-performance mindset

Focus, resilience, and how you show up under pressure.

Personalised strategy

Thinking through your priorities and the moves that matter.

Executive presence

How you land with your team, your board, and your market.

Overcoming challenges

The specific obstacles in front of you, worked through in the room.

Time and focus

Protecting your attention for the work that only you can do.

HOW IT WORKS

A steady rhythm, and *real execution.*

A goals session first

We define what you want from the coaching and what success looks like, before anything else.

Regular sessions

Ninety minutes every two to four weeks, with email and calls between when you need them.

Reflect, then act

Part one is deep, honest thinking. Part two is sharp, tool-based execution that embeds the change.

Tracked and reviewed

Work is captured on a shared board with written summaries, and we review and adjust as your context shifts.

Start with a *trial session*.

"James created a space where open, honest dialogue could flourish, and because of that we are now operating with greater unity, purpose, and collaboration."

Steve Williamson, CEO, Global Inkjet Systems

The trial

A ninety-minute working session on a real problem you bring. No commitment to continue unless we both find value in it.

Pricing

A premium service, priced on session length, frequency, and the length of the engagement, with tools and 360 feedback added where they help.

READY TO START

Book the *trial*.

Bring a real problem to the first session. We will work it together, and you will see how the coaching lands before you decide anything.

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