



EXECUTIVE COACHING

In addition to our dynamic educational training programs, Inner Solutions for Success offers Executive Coaching to meet the unique needs of the busy physician. While Dr. Sieber and Ms. Becker are both licensed psychotherapists, they have found the model of executive and personal coaching to be far more effective with physicians and other healthcare professionals in positions of leadership. Both of them have spent the majority of their careers in the healthcare industry, giving them a thorough understanding of the many issues facing physicians, healthcare leaders, and the entire healthcare industry.

Executive Coaching is based on a model of growth and self-actualization, rather than a model of illness or psychopathology. Rather than healing emotional wounds from the past, personal and Executive Coaching focuses on the present and the future, referring to the past only when identified as a barrier to future growth or the realization of one's potential. Our coaching goal is to create a collaborative alliance that supports the healthcare provider/leader in expanding their leadership skills and reaching their full potential through improved performance. Our focus is on helping physicians/leaders grow both personally and professionally, to live a more balanced and productive life, and to have a more satisfying career. Our approach to coaching is to partner with healthcare providers to:

1. Clarify and accomplish goals;
2. Examine and remove barriers to those goals;
3. Improve performance through expanding skills; and
4. Provide guidance, feedback and support during the process of change or transformation.

Each Executive Coaching plan is goal driven and individually tailored to meet the specific needs of the healthcare provider or leader. It often involves addressing important leadership issues such as trust, communication, rapport and team development, consensus building, problem solving, and issues related to emotional intelligence. An Executive Coach is a thought partner who provides an objective perspective, but also challenges leaders to expand their capacity by considering a variety of perspectives (thinking outside the box!) This is the place where our motto comes to life: Making changes where it matters most!

Most coaching sessions are conducted telephonically, although the coach and physician may chose to meet in person for specific events or reasons. The physician may wish to have their coach attend meetings or other work settings in order to observe and provide immediate feedback. Travel related expenses are paid by the physician or healthcare provider. The cost of coaching varies, depending upon the frequency and duration of the sessions. Occasionally, part or all of executive coaching will be paid for by an employer or medical group. Please feel free to contact us for a complimentary consultation session to determine your needs and whether Executive Coaching is the right option for you.