

# Coaching for Leaders

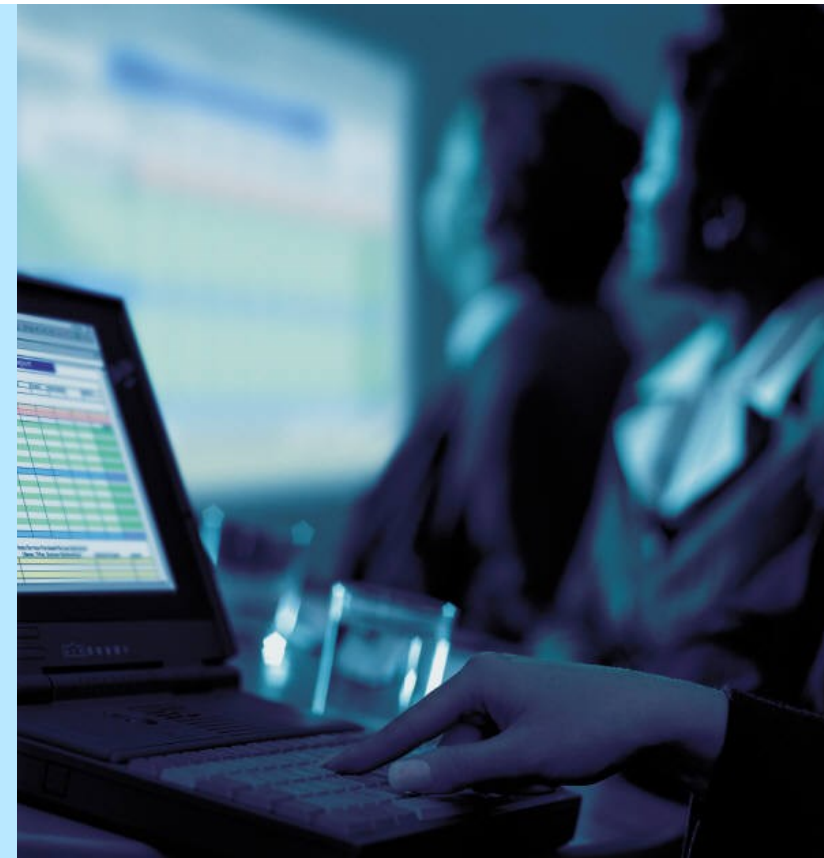
The Coaching for Leaders Program is a partnership between Human Resources, Health, Safety and Environment and the University's Employee and Family Assistance Program provider. This coaching program is designed to assist talented, goal oriented academic staff members develop professionally and personally through their work with the support of a certified coach.

## IS THIS PROGRAM RIGHT FOR ME?

Coaching provides individuals with a way to improve critical "people skills", prepare for a new role, enhance self-awareness in managing professional or personal relationships, or achieve better work life balance.

Reasons a leader might access coaching services include:

- Experience with the challenge of a difficult work group or situation.
- Seeking different strategies for enhancing their professional presence.
- Assuming or preparing for additional responsibilities or a new role.
- An interest in identifying new methods to communicate with and lead staff or teams.
- Wanting to more effectively balance multiple priorities, relationships, leisure, health and fitness.
- Renewal of career direction or career transition



Coaches are members of the International Coaching Federation (ICF). Visit <https://leadershipcoaching.homewoodhealth.com/> for additional information on the program, to view profiles of the coaches or to register for the program. Access is totally confidential and services are available at no additional cost as an extension of your EFAP benefit.



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