

Move from Transition to Transformation

Executive coaching for
individual transformation.

Are you facing a change by
yourself - and feeling stuck?

Work with us
to get **bigger
breakthroughs
faster.**



Confidence?

I feel like I've done amazing work in the past, and now I have this desire to pursue a big new idea.

But some things don't feel quite right. And I'm not sure where to begin or what steps to take along the way. How can I stretch myself without breaking?



Now I know what comes naturally to me, how to play to my strengths, and what I really want.

I'm confident I'm doing what needs to be done because now it feels right. I may never have enough information or all the answers, but I am moving in the right direction today.



Communication?

I don't always say what I really mean or ask for what I want because it's too risky.

I'm afraid people won't listen, don't care or might disagree (and what I say won't make a difference anyway, right?). So I withdraw. But inside, I am churning. And nothing in life changes. How can I stop being stuck?



I discovered I was living in a prison I created for myself, and I was the one who had to get myself out of it.

Once I discovered what is important to me, I gained the courage to say what I mean and ask for what I want, because now I understand why it matters. I stand up for myself and know what to do next. I'm moving forward.



Work and Life?

I've been working long and hard for months.

Now it's just what I do: work, sleep, eat, repeat. But it's taking a toll on my body and every relationship in my life – at work and at home. I am not the person I used to be.

What's wrong with me?



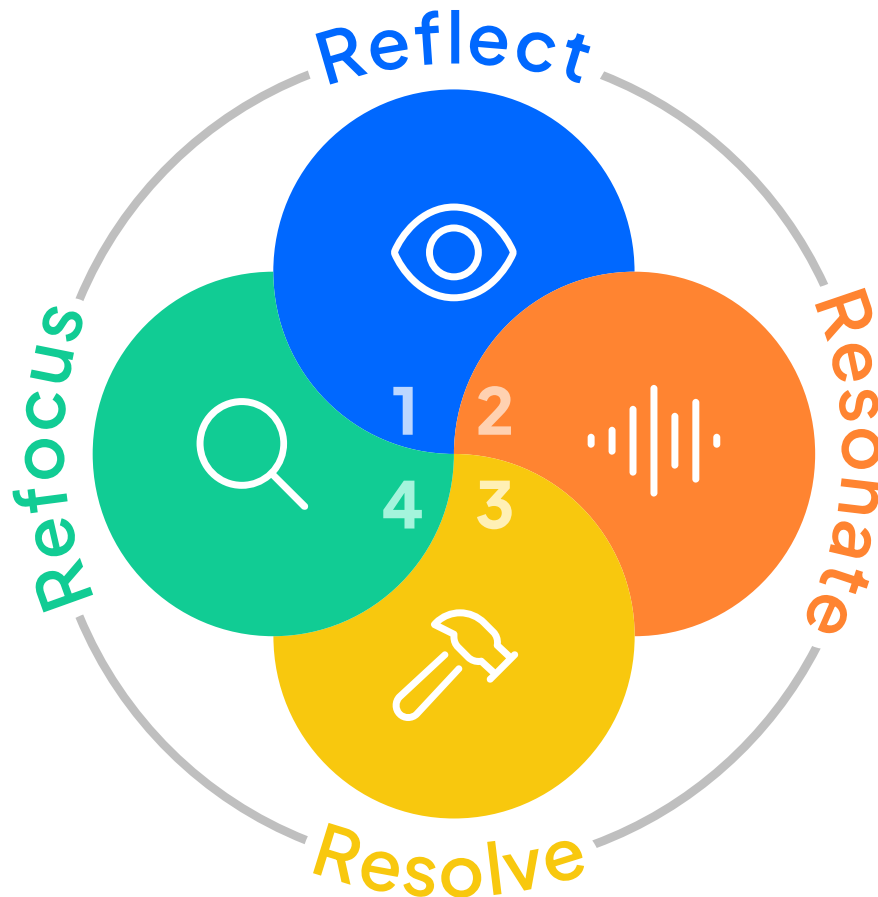
I have systems and boundaries that stop me from saying yes to every request.

I put my energy into what has purpose. Now I feel a sense of well-being – a belief that things will work out, and I will get what I need when I need it. I am human again.



No matter what you're facing, we can help you move through this transition so you experience **lifelong transformation.**

We follow the New Horizon Strategies Transformation Model



“Our phased approach helps you break down big goals into **small steps** so you can achieve and celebrate milestones.”





Phase 1: Reflect

Something doesn't feel quite right, or you know a change is on the horizon. But what should you do first?

Look in the rearview mirror. **Look back before you look ahead.**

Our lives often seem to be a series of random events, but when we look in the rearview mirror, we get the connections. What connections do you see when you look back?

Your executive coach at New Horizon Strategies will inspire you to **reflect** deeply on important questions. Some of these questions may be:

- Who are you?
- ◆ What drives you?
- ▶ What do you believe in?



Phase 2: Resonate

What do you really want? What's going on right now? What needs to happen in the future?

Your executive coach will help you come up with goals you want to work on. Then you will use tools and assessments to gather data from yourself and others related to your goals.

Goals and data give you a starting point for **future setting** and beginning your transformation.

As you analyze the data in light of your goals, you will gain insights. Then you will decide what **resonates** most for you.

- ◆ How do these insights make you feel?
- ▶ Do these insights remind you of anything?
- How do these insights relate to what is happening for you right now – or what is coming up for you next?



Phase 3: Resolve

You know where you've been. You know where you are. You know what you want.

This is the phase where changes are made. You do the work to **resolve** the issues you are facing.

Your executive coach will help you develop a plan to get yourself there – and help you build on every success – through repeated **learning, awareness, and practice**.

If your situation changes along the way, your goals can be adjusted based on what makes sense now.



Phase 4: Refocus

Because you have gone from transition to transformation, you have changed – often, in many new ways.

Now is the time to **refocus** on yourself and those **results**.

You will review and get clear on everything you have accomplished – and you will celebrate that – as you begin to walk your new path.

If you decide you are facing another transition, you can return to the Reflect phase and begin again to move from transition to transformation, guided by your New Horizon Strategies executive coach.



“Your New Horizon Strategies executive coach will **guide you through every phase** so you can move from transition to transformation.”

We choose the right **tools**

Once we understand you and the transition you are facing, together we choose the right tools every step of the way to help you make a transformation. Because of our training and certifications, we access outstanding tools to help you Reflect, Resonate, Resolve and Refocus. **Here are some examples of the tools we use:**

- **Values Assessment**
 See where you are aligned with your greater purpose – and where you are ready to shift.
- ◆ **Skills and Interest Brainstorming**
 See what makes you survive – and then discover what makes you thrive.
- ▶ **Permission Slips**
 Discover the link between mindset and emotional resilience.
- **40-Year Vision**
 Discover the things you really hope to see in your life.
- ▶ **“Thin Book of Trust” by Charles Feltman**
 Discover how the foundation of our relationships – trust – can be mended to create high-performing teams.
- ◆ **Calendar Biopsy**
 See what no longer serves you by surgically removing appointments that don’t feel good – and adding those that do.
- ◆ **Leadership Assessments**
 Learn what motivates you and what your unique style and preferences are; then consider the impact they have on all you’re trying to accomplish right now.

We choose the right **methods**

During each executive coaching session, your New Horizon Strategies coach will ask you to consider:

- ◆ **What is happening for you right now?**
- **What are your takeaways today?**
- ▶ **What is the most important thing you need to focus on today?**
- ◆ **What are you willing to do next to move closer toward your goals?**

Executive coaching for individual transformation

For entrepreneurs, consultants and leaders responsible for their own personal and professional development.

- Executive coaching sessions about every three weeks.
- Unlimited email support from your executive coach.
- Leadership assessment, debrief, and consulting session.
- Confidential tracking tools – on your goals, progress, and results – for clear return on investment.



Contact us today for a **FREE** chemistry session

📞 1.832.224.6455

✉️ laurie.hall@newhorizonstrategies.com

🌐 newhorizonstrategies.com

“Not too many people can say they’ve changed someone’s life – but I can tell you that you’ve changed mine, and many others. The best gift ever has been you.”

— SENIOR LEADER

(at a global company who is managing one of the world’s largest facilities)