

Executive & **LIFE COACHING**

Powerful conversations that move you
forward with velocity.

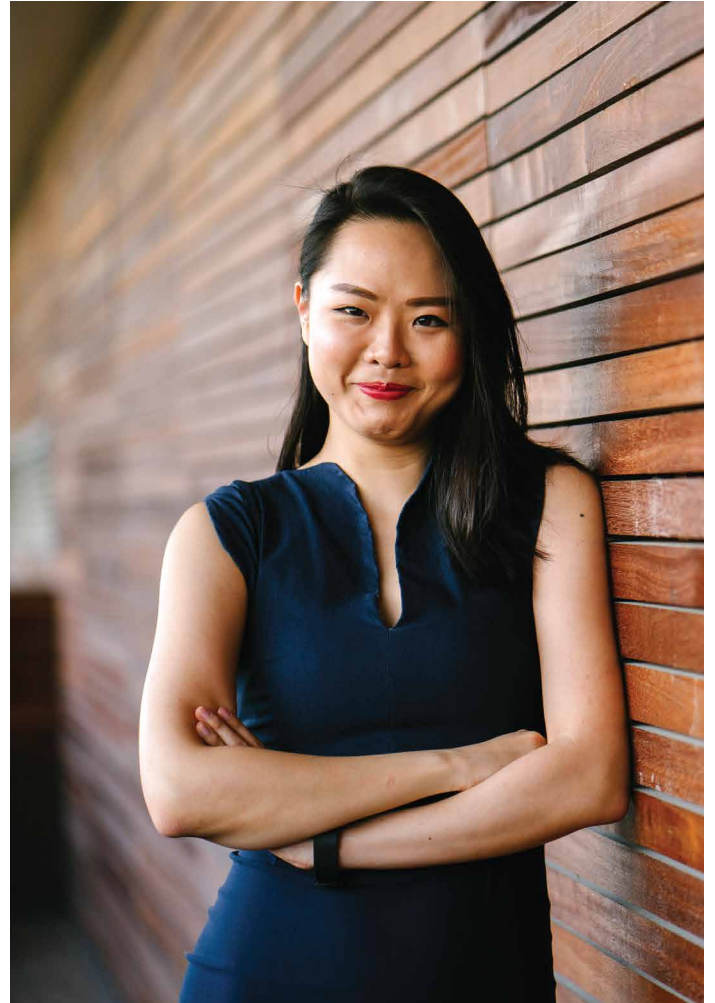
www.executiveandlifecoach.com

INDIVIDUAL COACHING PROGRAM

Coaching is a series of powerful and structured conversations designed to move the client forward with velocity.

As an Executive and Life Coach, I specialize in working with leaders to help them achieve their business objectives. Whether it be getting ready to step into their next level of leadership, learning how to communicate effectively, or managing diverse teams with equity and inclusion, increasing emotional intelligence has a direct correlation to raising productivity and overall business success.

Studies show 60% of job performance is attributed to Emotional Intelligence for employees ranging from managers all the way up to CEOs (Emotional Intelligence 2.0 by Travis Bradberry, PhD and Jean Greaves, PhD).



MY UNIQUE APPROACH AND TOOLS

The clients I work with are successful because we address the whole person by addressing professional and personal goals, experiences and insights. I have found that the key to success is the transformation the client experiences through the coaching process, which results in sustainable behavior change. We achieve this by coaching the client's mindset and belief systems with a customized approach. Through this process, clients will identify their blind spots, have access to multiple perspectives, and shift limiting paradigms that are in the way of their successes, and subsequently the success of the organization.

COURSE OF ACTION

We will begin by setting the clients objectives and outcomes. We create project plans designed to track progress and milestones.

Throughout the course of our time together, we cover the 4 tenets of Emotional Intelligence:

1. SELF-AWARENESS:

Understanding yourself.

3.

RELATIONSHIP AWARENESS:

How others perceive you and your impact, regardless of the intention.

2. SELF-MANAGEMENT:

Managing intense emotions and triggers.

4.

RELATIONSHIP MANAGEMENT:

Healthy conflict, fostering healthy, productive relationships.



HIGH IMPACT TOPICS

- ✓ Leveraging leadership strengths.
- ✓ Managing stress.
- ✓ Giving & receiving effective feedback.
- ✓ Creating an impactful culture.

- ✓ Behavioral Styles & flexing towards others (DiSC model).
- ✓ Risk-taking.
- ✓ Execution & delegation
- ✓ Dealing with the inner critic, ego, & insecurities / self-esteem

- ✓ Developing powerful executive presence.
- ✓ Diversity, Equity, & Inclusion.
- ✓ Well-being and work / life balance.
- ✓ Passion, joy & fulfillment.

LOGISTICS

- ✓ Minimum 6-month commitment with opportunity to extend.
- ✓ 2-3 sessions per month for one hour via Zoom or phone.
- ✓ Tools and coaching content, as well as spot coaching in-between sessions as needed.
- ✓ Sessions are 100% confidential.
- ✓ Pre and post program discussions with employee's manager and/or HR business partner.
- ✓ Monthly touch base meetings for input from HR and / or manager.
- ✓ Recommended: Employee and Supervisor (or HR Business Partner) have regular check-ins on the progress and learnings of the client. These updates will come directly from the employee.

OPTIONAL

- 360 Degree Feedback Assessment.
- DiSC (Behavioral styles and Motivation) Assessment.
- Strengthfinders Assessment (Top 5 Strengths).

Nicki's passion is to empower individuals and leaders to challenge and expand their thinking in order to increase performance, wellbeing, and joy in their lives. She is a Life and Executive Coach with over 10 years of experience helping individuals and organizations achieve remarkable results.

Nicki served on the leadership team and taught coaches at Accomplishment Coaching Coaches Training Program in San Diego, CA. There, she had to unique opportunity to provide professional coaching to human resources professionals at the United Nations Family Population Fund (UNFPA).

Nicki works with leaders, entrepreneurs and both small and large organizations, including real estate, health care, law firms and medical device companies. She was the Coach in Residence at PFC at La Costa Resort & Spa working with people from all over the world on their lives and wellbeing. At Bridgepoint Education, she worked with all levels of leadership. She designed and facilitated leadership development programs impacting leadership effectiveness and talent development of the organization.

Nicki holds the credential of a Professional Certified Coach (PCC) through the International Coach Federation. She is also certified in DiSC (behavioral styles), Emotional Intelligence, and trained in Gallup's Strength based leadership programs.

Nicki believes human beings want to shine their hearts and their unique talents and strengths. Her philosophy is that we are all sharing the human experience as a collective whole to expand and inspire one another.

Nicki earned a BA in English Literature from the University of New Hampshire and later earned her coaching credential from the Accomplishment Coaching Coaches Training Program. Her professional experience includes serving as Deputy Press Secretary for the Pennsylvania State Treasurer. Originally from New Jersey, Nicki loves calling San Diego home where she enjoys the beauty and outdoors as well as visiting a new National Park each year.



Nicki Gorini
Executive & Life Coach

CONTACT



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www.executiveandlifecoach.com

Testimonials

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Everyone is on some type of journey whether they know it or not. You have the skill in helping them not only define the journey but deal with the zig zags and challenges that slow or stop progress. People don't, and can't, have an objective assessment of themselves or their specific situation. You have a tremendous skill in 'putting the mirror up to them' which is so important in making interpersonal progress on any issue. You heard me and was able to explain to me who I was and how I was coming across in 30 minutes of conversation. That's a significant skill!

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FRED JOLLY, DEPUTY OF OPERATIONS, UNITED STATES DEPARTMENT OF DEFENSE, SAN DIEGO, CA

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Working with Nicki was fun, challenging, constructive and a blast. She's basically the kind of coach who acts as a friend who listens, directs, calms, and offers you the choices and tools to get to know yourself and become the best that you can be. I learned how to trust myself, my gut, and my instincts on life challenging situations. I built self-confidence by breaking down barriers to what I think of myself and how I perceive others view me. I learned the essence of who I am at the core and trust that above all else. I found control and conviction in my every-day actions.

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WEB DESIGNER, SAN DIEGO, CA

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Domenica Gorini was born to be a life coach. She is compassionate, intuitive, empowering, trustworthy, honest and motivating. She helps you acknowledge your challenges, seek the answers you're looking for, and achieve the results you want- all through her impeccable support and guidance.

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ELIZABETH BERRY, VICE PRESIDENT OF MARKETING, LOS ANGELES, CA

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Nicki is an amazing person and coach. She has incredible empathy and understanding and is remarkably easy to trust and talk to. Her genuine concern and passion for helping others shows. She forms a true partnership with her clients and helps them organize and form a game plan for overcoming the greatest obstacles, the ones within ourselves.

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