



IONIS

Whole Person Leadership Coaching

FROM LEADERS WE COACH

Came away with two mindset shifts that will help me go through my upcoming performance review in a much more balanced, neutral, fruitful way.

My Coach really helped me decipher what I needed to focus on.

I'm thankful to have a Coach I work so well with. My Coach is wonderful and I've already gotten a lot out of our sessions.

My Coach is helping me figure out some things

that are holding me back from finding excellence.

Most of the work that needs to be done is work I will have to tackle, and it includes addressing my own insecurities, but having a road map is incredibly helpful. I can't believe I haven't worked with someone like them before.

My Coach was awesome! My Coach made the conversation super comfortable and gave great suggestions and ways to combat unfavorable feelings I was having towards certain situations at work. I am looking forward to continuing the conversation.

I am blown away with the strong and understanding connection that was established with My Coach in this first session. I appreciate the way they communicate with me, listens to me, and helps me in practical ways.

The progress we make not only impacts my acute

needs in my role within my organization, but even my personal life. I appreciate how he is able to formulate summaries and connections of my very busy thoughts!!

My Coach continues to practically, logistically, mentally, and emotionally get me to closer to a place of stability while I find myself in a unique position within our organization. Growth continues to be tangible and forward moving in my sessions with them.

My Coach is extremely effective in getting me to look deeper into my purpose and vision. I'm very appreciative of

how well they listen and challenges me to see common

themes in what I value and who I am. I very much look forward to our next session.

My Coach is fantastic and I'm so thankful for their guidance.

My Coach was very good at assisting me with stakeholder management.

My Coach is so helpful. I'm thankful for their guidance.

My Coach was a great listener and their positive attitude really helped me come out of

the session feeling more prepared and equipped to deal with the issue I was facing!

My Coach was an amazing mentor!

Gave me a lot of great tangible advice

that I plan to implement at my next review

Very good first session. I didn't know what to expect coming in. I really enjoyed the session, felt that I was understood, and I am enthusiastic about the rest of the process.

We continued to review self-awareness of my way of being and also reviewed the feedback given to me by two colleagues. Next we will focus on looking for opportunities for improvement

based on the feedback I received and aligning it with my self-awareness of my way of being.

We focused on validating my own opinions of my strengths and weaknesses by creating a plan to interview two people who have worked with me for some time. This resulted in some useful feedback.

Loved his "whole person approach;" it's something I wish was more present in Corp America - liked his "coaching hat" vs "advice" double approach

Been loving my sessions with my Coach. Our career pathing conversations have been super insightful. My Coach is a fantastic listener and often picks up patterns and themes in what I'm saying that I hadn't noticed.

Conversations with my Coach are very productive and I feel confident in my next steps.

Enjoyed the feedback around and homework to reflect on communication situations

Great conversation with my Coach talking about challenges leading teams while discussing personal and professional goals.

Looking forward to the next session!

Great experience working through the good and bad of each option

I had a great coaching session with my Coach regarding a very challenging situation at work. My



Coach was extremely professional and an active listener hearing me out about my situation to determine my needs. My Coach asked great

questions to help me understand what I should be doing more effectively when it comes to managing up. I'm definitely looking forward to our follow up conversation in a couple of weeks and to talk about my career and goals in more detail :)

I had a great experience with my Coach. This experience exceeded my expectations. My Coach is a great listener and he helped me process my thoughts by asking me questions in a way that I could relate to. I left the session feeling less anxious about a presentation that I have to give on Monday. My Coach has even scheduled a session with me to do dry run of my presentation which I know will be

invaluable.

I really liked my Coach's warm personality during this call. They were able to quickly identify some

strong questions to prod me in the right direction and allow me to think about my own professional growth within the broader scheme of the projects I'm working on. I felt empowered and motivated post-session and am excited to dig in more with another chat later next month.

It has been very useful to have someone to share with who has the business mind and focus to provide valuable feedback.

My Coach is a great and caring coach.

My Coach provided invaluable feedback on a work

presentation that he took time to listen to. Doing this dry run presentation has really set me up to be successful and confident.

My Coach was A+!

My Coach was fantastic. He helped parse my problem and we collaboratively started laying out useful models for moving forward.

My coach listened, was empathetic and offered help and solutions that can help me face and manage stress

Really appreciated talking with My Coach! Looking forward to future sessions.

Session was focused on starting to identify the attributes I'd love to have in a next role

