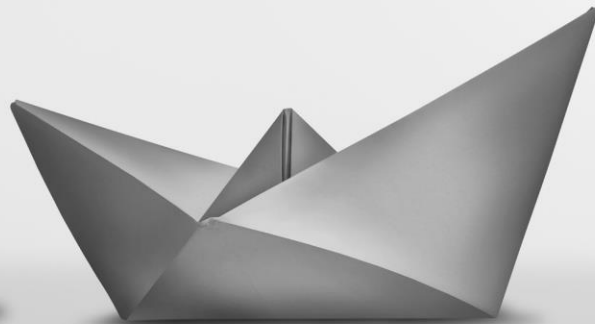
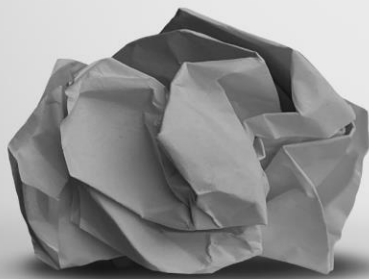


K&A

KNITTER AND
ASSOCIATES

Three ways leaders benefit from coaching



#1 Increases role effectiveness

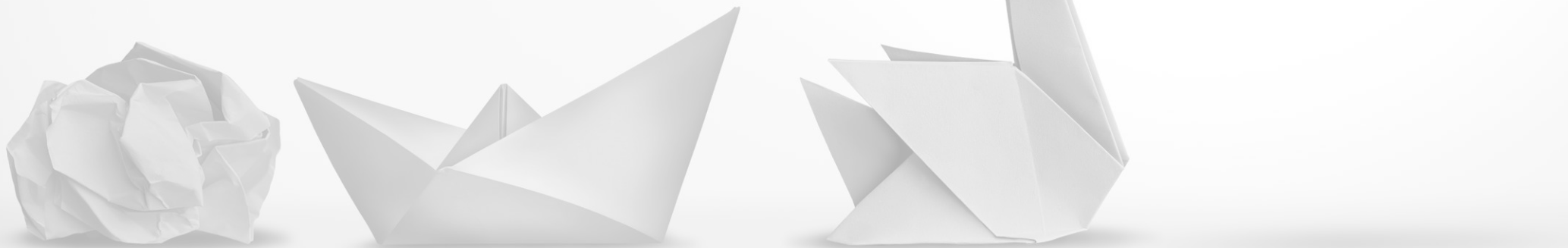
K&A



A good coach will not only support leaders in identifying areas that need improvement, they will also help develop strategies that increase leadership effectiveness.

Benefit:

- Attain your goals and drive team or organizational success more easily
- Motivate and manage your team more effectively



#2 Optimizes time management

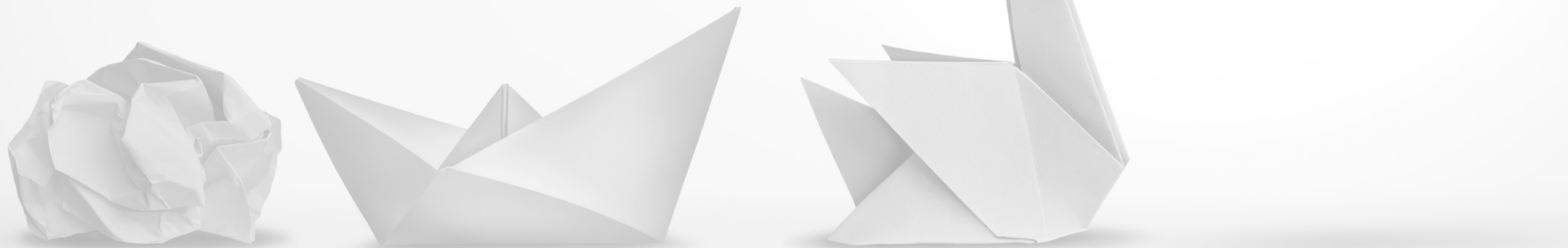
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A good coach will help leaders tackle one of their biggest challenges: managing time (e.g., via prioritization) and energy in both an effective and efficient way.

Benefit:

- Achieve more in less time and save energy for the most critical tasks
- Enhance your work-life balance



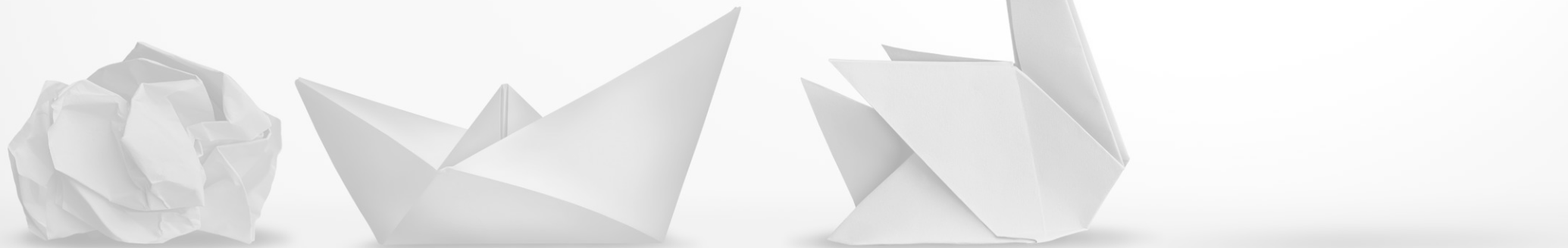
#3 Improves coping strategies



A good coach will help leaders manage the stress associated with their role and better handle the daily challenges they are presented with.

Benefit:

- Apply coping mechanisms to efficiently overcome challenges
- Deal with difficult situations productively and positively



Impact that matters.