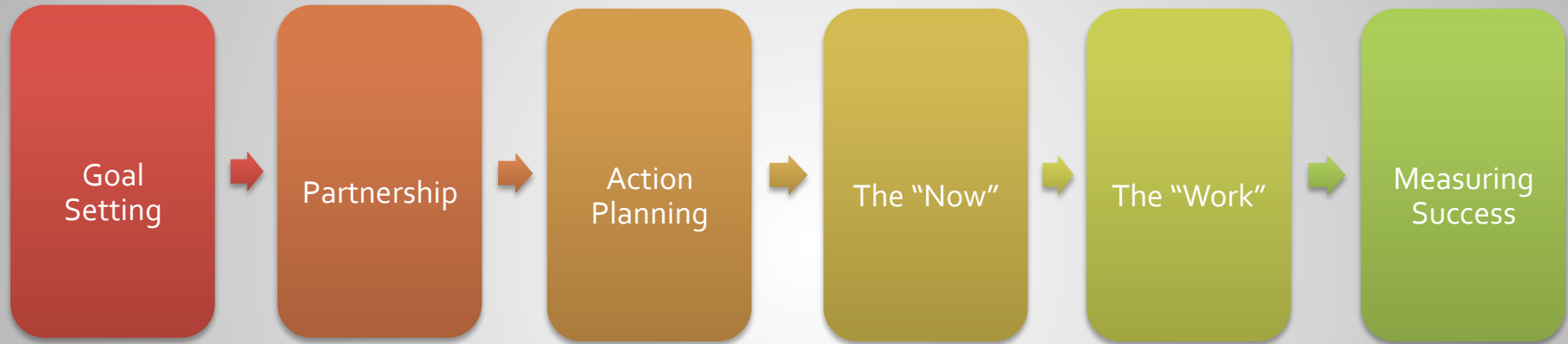




# InCite Coaching Process



- Set the context
- Collect feedback
- Define success

- Establish relationship with client
- Develop bond of trust

- Craft draft objectives
- Gain input from manager as appropriate

- Uncover existing blocks
- Focus on self-awareness
- Reconnect with values and strengths
- Increase EQ

- Set SMART goals
- Leverage innate abilities to move toward action
- Provide client with perspective, feedback, and accountability

- Measure behavior change and/or results
- Provide updates to managers/ Sponsor as agreed upon

360 Feedback Development Plans

Day One Assignment

Predictive Index & Energy Leadership Assessment #1

Mindfulness Integration Values Exercise

Reference all tools

360 Feedback Energy Leadership Assessment #2