

# 1:1 Executive Coaching

*For leaders who've outgrown who they had to be — and want to lead as who they truly are.*

## This isn't behaviour tweaking. It's identity work.

We go beneath the surface — examining the beliefs and patterns driving your leadership — and rebuild from the inside out so you can lead with **clarity, intention, and courage**.

Choose from three coaching pathways below, designed to meet you where you are and support the depth of transformation you're ready for.

### Pathway 1: Clarity Foundation

**Focus:** Self-awareness, grounding, reconnecting with self

You pause the noise, reset your internal system, and reclaim what truly matters.

This is the entry point — the inner reset. A space to stop, see clearly, and rediscover the leader you actually are beneath the noise.

**Up to 3 months · 3 sessions · 1 hour each**

*“The inner reset.”*

### Pathway 2: Transformation Journey

**Focus:** Translating clarity into action and visible leadership shifts

You begin making choices aligned with your values, shifting behaviours that no longer serve you, and leading from a grounded, unfiltered version of yourself — not from old roles, expectations, or conditioning.

This is where you start seeing tangible shifts in how you show up, decide, influence, and execute. The bridge between inner clarity and outer leadership impact.

**Up to 6 months · 6 sessions · 1 hour each**

*“Where clarity becomes action.”*

### Pathway 3: Sustainable Evolution

**Focus:** Long-term integration, embodiment, and sustained presence

You deepen the behavioural shifts, build habits that last, and anchor a leadership style that remains steady under pressure.

This is where transformation becomes your new normal. Not a mode you switch on — a way of being you carry everywhere.

**Up to 10 months · 10 sessions · 1 hour each**

*“Transformation as your new normal.”*

## WHAT TO EXPECT IN EVERY SESSION

### Honest space

No performance. No pretending. A confidential space to say what you've never said out loud as a leader.

### Deep enquiry

Questions that go beneath the obvious. We explore what's actually driving the patterns, not just the symptoms.

### Real action

Each session ends with a clear intention or commitment. Insight without action is just conversation.

*“Lead from who you actually are — not from who you think you should be.”*

### Ready to begin?

All packages begin with a complimentary chemistry call — a conversation, not a pitch.

[sparkupleadership.com](https://www.sparkupleadership.com)

DM on LinkedIn to book your chemistry call

**Hear directly from leaders who I've coached 1:1**  
<https://www.sparkupleadership.com/testimonials>



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