



Asian Leadership Institute
Consultancy

RETREAT BASED EXECUTIVE COACHING PROGRAM

Our personalised one-on-one retreat based coaching engagement

This program is designed specifically to create truly inspiring and wise leaders that can successfully operate at the highest levels. Each retreat is unique and customised to the client's context. The entry point can be a specific leadership challenge or the desire to make the next leap in high end leadership development. During their time at the retreat they will gain a deeper understanding of themselves. Based on these new insights they'll develop their own unique leadership practice, allowing them to consciously shift behaviours that are no longer serving them or their organisation.

Leaders return to their organisation with a clear sense of purpose and an ability to lead from a powerful and authentic place that has a measurable impact on those around them.

The benefits of retreat based coaching

The coaching assignment starts at one of our beautiful retreats centres in either Chiangmai Thailand or Salts Spring Island Canada resulting in two clear benefits:

1. RELATIONSHIP

Transformational coaching requires an open, candid and genuine caring relationship between the individual and the coach. The in depth one on one coaching at the start of the assignment

ensures that the connection happens and that the work over the next 6 to 12 months has the biggest impact.

2. ENVIRONMENT

The relaxed, idyllic and isolated environment opens up the individual to new and creative ways of viewing themselves and their situation. It also helps them learn how to better manage the everyday stresses which accompany modern executive life.

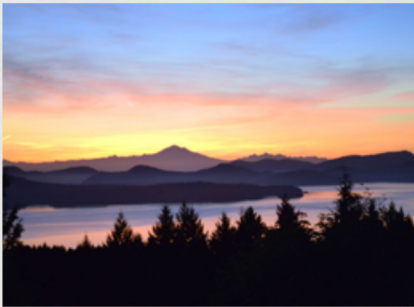




PHASE 1: **DISCOVERY**

Before the retreat we conduct 6-8 in-depth stakeholder interviews with relevant personnel to identify specific Leadership development areas.

Each leader also completes a personal assessment to uncover interpersonal needs and to understand how these might drive personal behaviors.



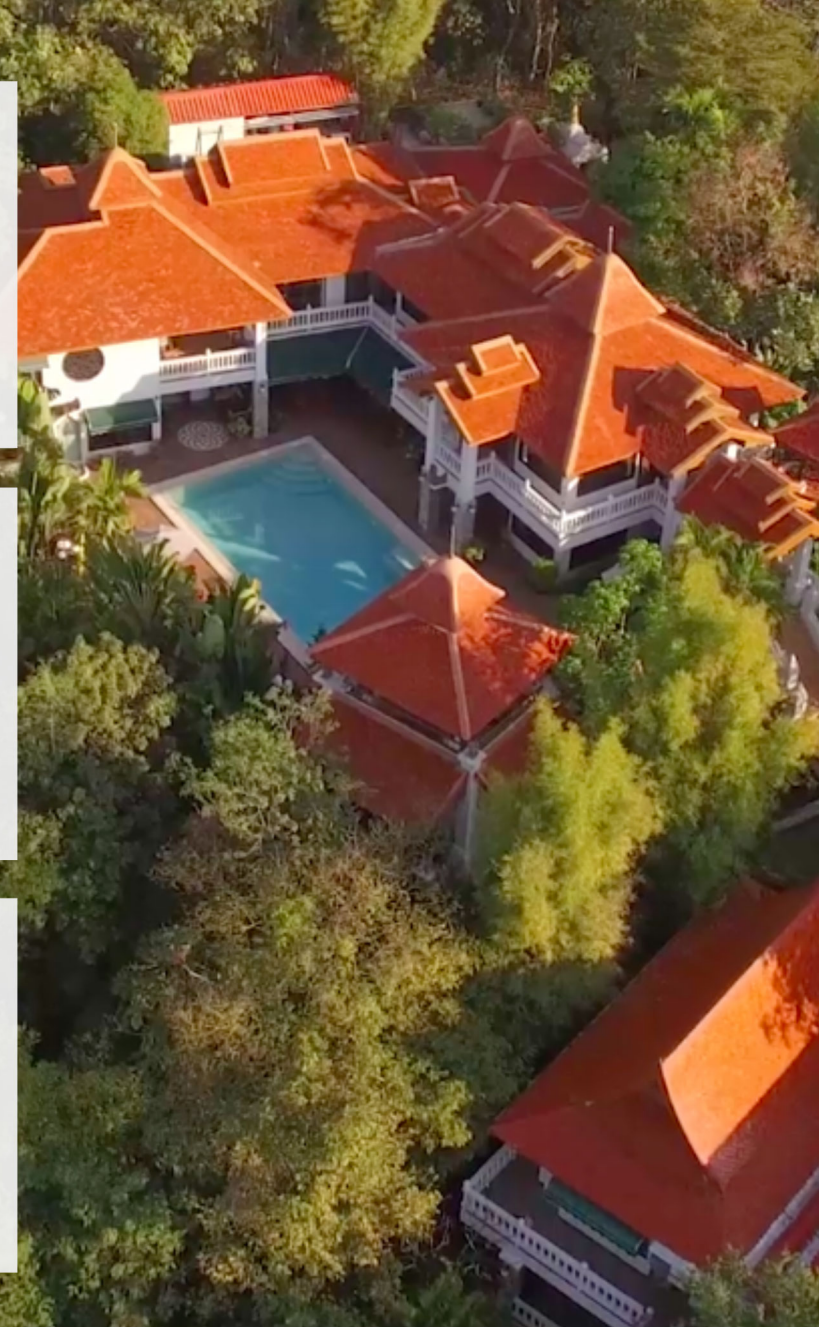
PHASE 2: **IMMERSE**

During the retreat each individual will receive at least 15 hours of private coaching, as well as engaging in activities which help de-stress and create an openness to new ways of thinking e.g., gentle yoga, herbal steam baths, hot tub, salt-water swimming pool, organic meals and massage.



PHASE 3: **FOLLOW UP**

At the end of the three day retreat each individual will have a very clear set of individual leadership practices to begin work on in their day to day life. 6 months of follow up coaching by phone will reinforce the new behaviours on an ongoing basis. Both client and coach will involve stakeholders to ensure progress made is also aligned with stakeholder perception and feedback.



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