



Executive Coaching



The
**Power
Within®**

Executive Accountability
Coaching Programme

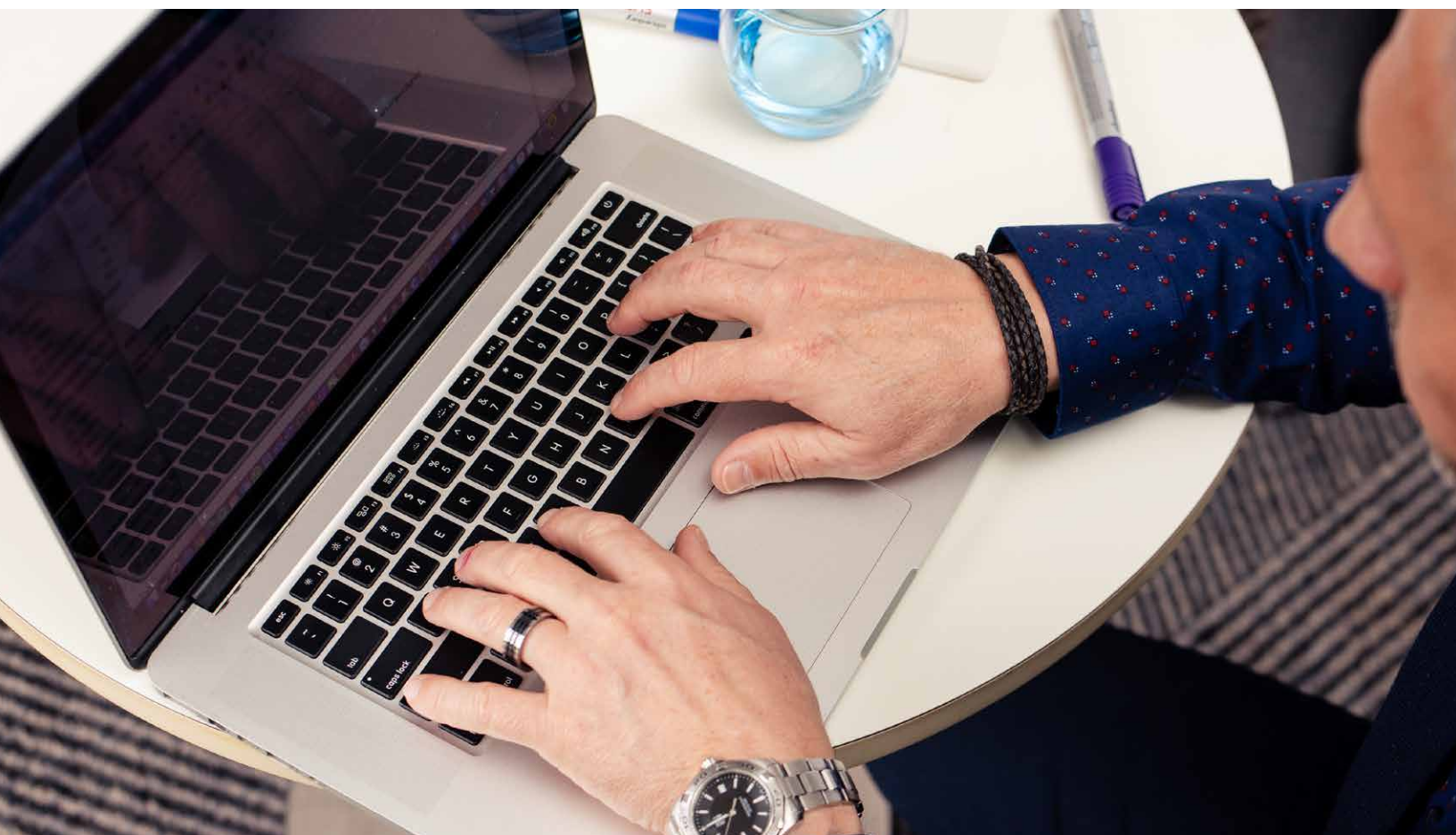


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Learn More:

www.thepowerwithintraining.com/leadership-development-courses/



About Us

At The Power Within Training, we're dedicated to redefining leadership excellence.

For years, we've been guiding individuals and organisations to discover and refine their unique leadership approach through our bespoke courses.

Our philosophy is grounded in the latest advancements in neuroscience and cognitive and social psychology. This fusion of science and strategy helps you to find your very own leadership style.

Joining our leadership training journey means embarking on a path to think **bigger**, be **better**, and achieve **more**. Our courses go beyond conventional tests.

We cultivate focused, prepared leaders who are deeply committed to fostering a positive and productive team environment.

Our commitment is to facilitate your growth and transform how you and your business confront and overcome future challenges.

We champion accountability, resilience, and adaptability in the face of change.

At the heart of The Power Within Training is a passion for igniting and nurturing tomorrow's leaders. We're dynamic, compassionate, and relentlessly pursuing positivity and lasting impact.

We believe in challenging and expanding your perspectives on business, teamwork, and personal growth. With us, you'll unlock your unlimited potential and set the stage for achievements that surpass even your wildest dreams.

Join us, and let's make real change that lasts.



Our Method

At the heart of our approach lies a profound insight into the human condition, bridging the latest in neuroscience with ground-breaking discoveries in cognitive psychology.

This intersection reveals the key to unlocking our potential, opening our minds, and achieving unparalleled success: **Motivational Intelligence**.

Motivational Intelligence (MQ) is the art of overcoming negative thoughts and self-limiting beliefs to overcome obstacles and achieve goals.

It's a concept rooted in the most pivotal and extensively researched areas of social psychology, earning awards such as a Nobel Prize and being hailed as one of the twentieth century's top ten scientific breakthroughs.

But what truly sets Motivational Intelligence apart is its ability to answer the fundamental questions of 'why?' Why do some individuals excel where others falter?

Why can some adapt effortlessly while others are paralysed by change? Why do some give up at the first sign of challenge, whereas others persevere against all odds?

Success is not solely determined by intelligence quotient (IQ) or emotional quotient (EQ). The real game-changer is a high MQ.

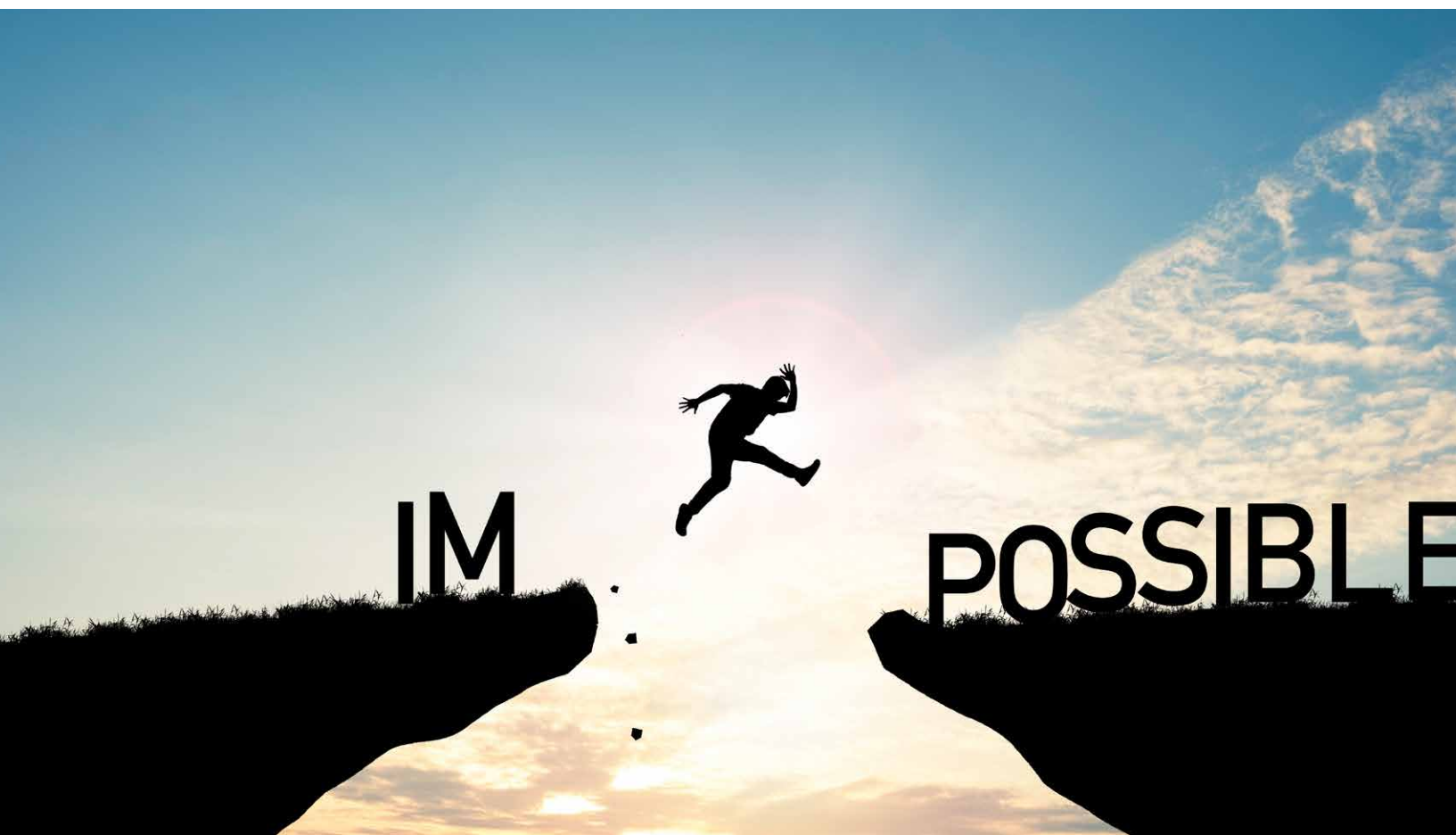
This form of intelligence weaves through every monumental human achievement, every overcome challenge, and every story of resilience.

The stark difference between those who succeed and those who struggle lies in their level of Motivational Intelligence.

Recognised as the third and most impactful level of human Intelligence, MQ is the cornerstone of our methodology at The Power Within Training, empowering you to go beyond your limits and craft a legacy of success.

Learn More:

www.thepowerwithintraining.com/motivational-intelligence/



The Science Behind Motivational Intelligence

We define Motivational Intelligence as “the ability to motivate oneself and others” and we have identified two primary routes for practising Motivational Intelligence.

First, by identifying and managing negative thoughts and self-limiting beliefs. Second, by identifying and managing human needs. To teach Motivational Intelligence to our clients, we integrate the psychological science and neuroscience of motivation into our training programmes.

Our research has found that the psychological phenomenon known as the growth mindset strongly contributes to motivation and success across several outcomes in the workplace. Therefore, teachings of the growth mindset underpin our training programmes. Beyond the benefits of the growth mindset for driving success in the workplace, the growth mindset has been shown to benefit Equity, Diversity, and Inclusion by increasing the comfort with which people of different groups interact.

The latest neuroscientific research converges upon the theory that the brain is a “prediction-making machine”.

As a result, our training programmes combine this research with research on the psychology of motivation so that we can teach our clients how to leverage their subconscious processes to inspire increased motivation in themselves and others.

Scientific research is not just distilled and taught through our training programmes; it is the foundation.

We draw upon the findings from cognitive science and psychological “intervention” research to ensure our clients remember and apply their lessons in practice, making our programmes not just informative but also highly effective.



Coaching That Drives Results

At The Power Within Training, our Executive Accountability Coaching Programme is designed to help leaders harness their talent, energy, and experience to drive measurable, sustainable growth.

Through mutual accountability and collaboration, we work with you to create alignment, clarity, and a shared commitment to achieving well-defined goals.

This programme goes beyond just operational success. We focus on developing forward-thinking leadership that inspires teams and drives long-term results.

Using our Motivational Intelligence (MQ) framework, we help you tackle obstacles head-on, enabling you to lead with confidence and purpose.

Throughout the programme, we'll provide the tools and guidance you need to overcome challenges, boost your leadership capabilities, and tap into your full potential.

It's not just about hitting targets—it's about creating a culture of leadership that fosters innovation, accountability, and growth.

Whether you're looking to sharpen your leadership skills or elevate your team's performance, our Executive Accountability Coaching will give you the structure and support to achieve meaningful, lasting transformation.

Together, we'll build a roadmap for success tailored to your unique goals and challenges.

Are you ready to lead with clarity and confidence? Let's unlock your potential.



An Overview

Stage 1: Awareness:

We start by understanding your vision, challenges, and leadership goals. This foundation allows us to uncover strengths, identify growth areas, and align your commitment to the process.

Stage 2: Analysis:

We delve deeper through one-on-one meetings, analysing your leadership style, career, and motivations. This phase helps shape your personalised development plan, which includes measurable progress indicators.

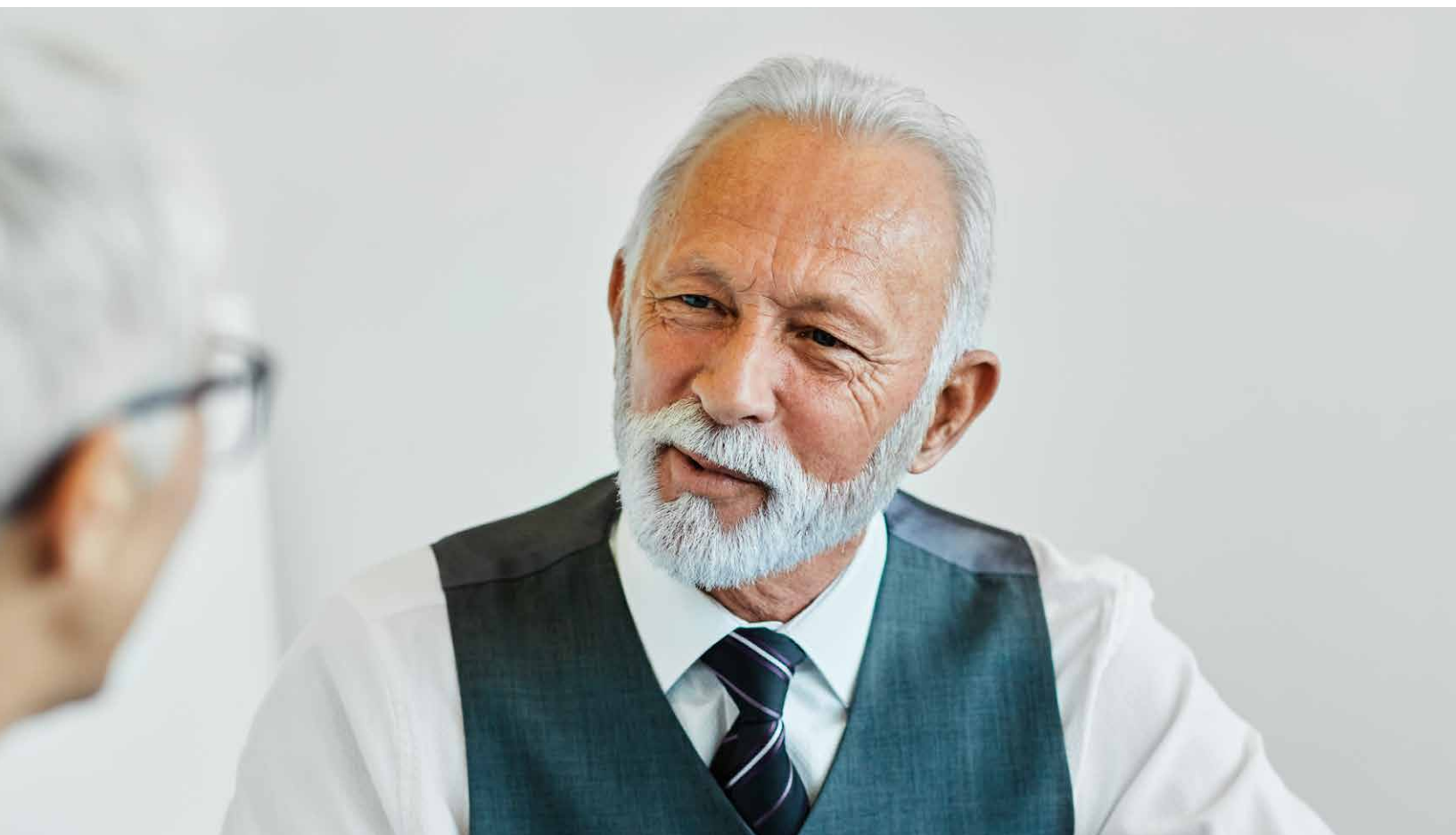
Stage 3: Action:

You begin applying new skills and behaviours, supported by stakeholder feedback and regular communication with your coach. The focus here is on tangible, real-time leadership change.

Stage 4: Achievement:

Finally, we review your accomplishments, reduce coaching reliance, and solidify lasting improvements. Follow-up sessions and psychometric testing ensure your success is validated and sustainable.

You will continuously adapt, grow, and lead with impact through this process.



Stage 1: Awareness

At The Power Within Training, we believe life-changing leadership begins with self-awareness.

Our unique Executive Coaching Feedback Awareness Programme isn't just about uncovering your strengths and identifying areas for growth but also about building a solid foundation for success.

This stage sets the tone for your coaching experience and guides you toward impactful leadership.

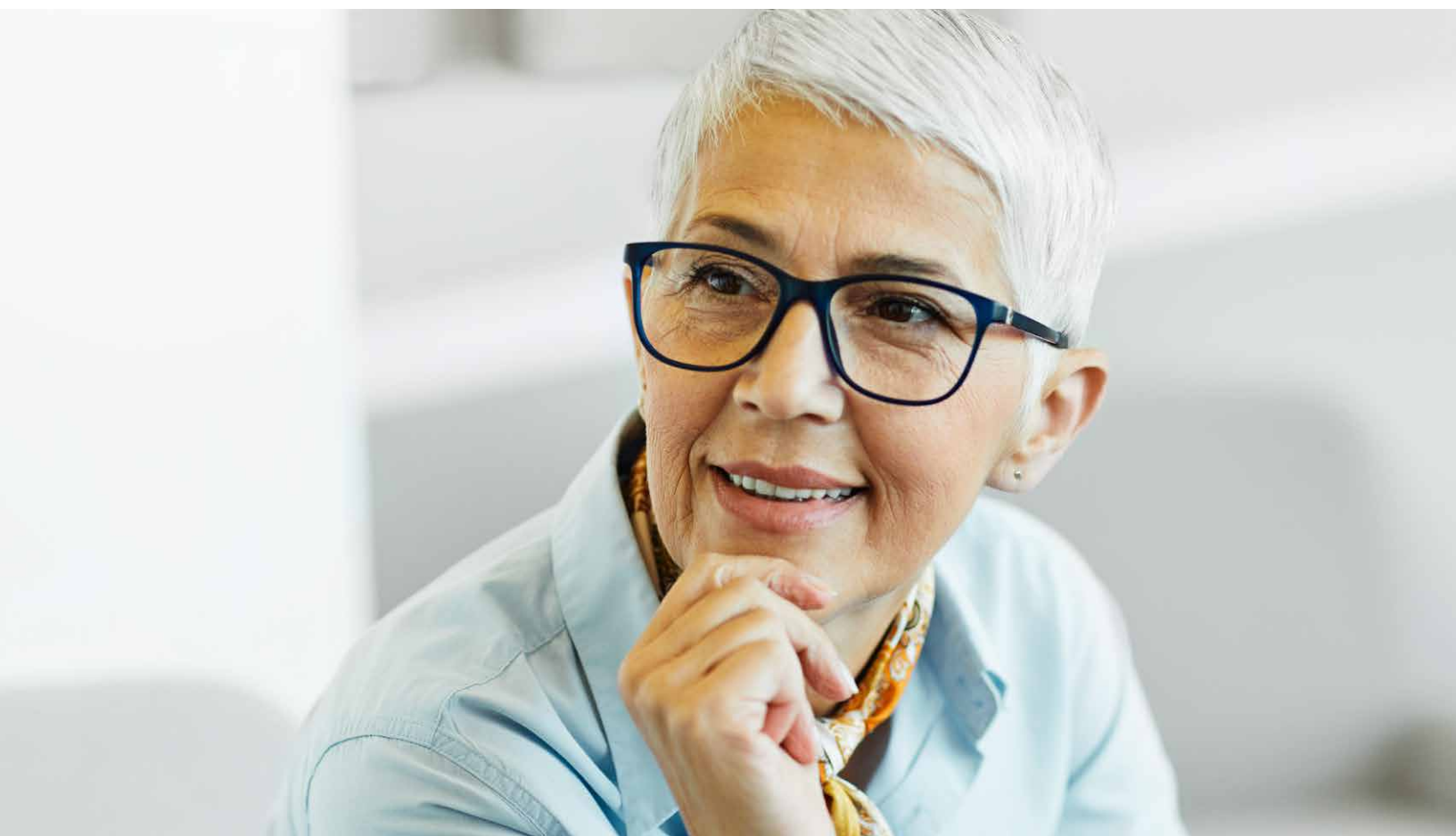
Understanding Your Vision & Commitment

The Awareness Stage starts with engaging in meaningful discussions to understand your background, vision, and leadership goals.

Your dedicated Executive Coach is crucial here, ensuring you are aligned and fully committed to the coaching process.

By delving deep into your leadership challenges, we help you define where you need the most support to unlock your potential and thrive in your role.

With our guidance, you will continuously reflect on your journey, adapt to changes, and grow as a leader. Each step of your coaching experience is built on measurable outcomes that drive meaningful, lasting transformation.



Stage 2: Analysis

In Stage 2 of our programme, we delve deeper into understanding your leadership journey.

Through a one-on-one meeting, your Executive Coach will reinforce and clarify expectations from previous discussions, ensuring full commitment to the process.

This stage involves a detailed analysis of your life, career, strengths, weaknesses, and motivations, providing valuable insights to tailor your coaching experience.

Key insights gathered from stakeholder interviews and in-depth conversations help shape your individual development plan.

We work together to identify your strengths, including those you may have yet to be aware of, and your development areas.

From this analysis, we create an action plan with clearly defined benchmarks and set expectations for measurable progress.

Together, we then identify the key indicators required to measure your progress.

These indicators serve as clear benchmarks to assess your growth throughout the programme, offering a roadmap to help you achieve the leadership changes you envision.



Stage 3: Action

In Stage 3, the focus shifts to implementing the strategies outlined in your development plan.

This is where theory turns into practice.

You'll actively try new behaviours, apply new skills, and strengthen key organisational relationships. Stakeholder feedback is vital during this phase, providing insights that align with your development goals.

Regular communication with your Executive Coach ensures you remain focused on progress. You'll discuss successes, identify challenges, and refine your approach where necessary.

Whether attending targeted training programmes or seeking further stakeholder input, your coach will be there to guide you, ensuring you are continuously adapting and growing in real-time.

This stage is about creating tangible change, guided by Motivational Intelligence (MQ) to help you overcome obstacles and sustain the momentum needed for lasting leadership transformation.

“

Such an **eye-opener!** This course goes beyond theory – it's all about unleashing your inner potential and becoming your best self.

I **highly recommend** this course to anyone ready to unlock their leadership potential and improve their personal development. **this course.**

- Louise Sinclair, Senior Manager at J Kleiman Consulting Ltd



Stage 4: Achievement

In the final stage of our programme, we review your progress and accomplishments.

Using performance-tracking software and our Motivational Intelligence (MQ) feedback loop, we assess your growth by reflecting on the journey and milestones achieved.

The phase-down begins once the client and stakeholders agree that coaching goals have been met. You'll start practising the newly developed behaviours independently, with reduced reliance on one-on-one coaching.

A formal follow-up session, conducted a few months after the last coaching meeting, provides an opportunity to gather feedback, acknowledge your achievements, and present a final report on your progress. Pre-and post-programmed psychometric testing can be included to further validate results and ensure continued success.

“

The impact of this course on me is beyond words—I've experienced a **profound journey** of self-discovery and unlearning negative leadership patterns.

As I look ahead, I remain optimistic about my ongoing growth and development. I'm hopeful that the lessons learned and obstacles surmounted have equipped me with the necessary tools for this continuous journey. I owe this transformation to the **invaluable insights** gained from this course.

- Michael Lowe, Development Operations Manager at Bluebox



The Benefits for Management and Executives

Enhanced Leadership Skills:

Strengthens leadership abilities by honing decision-making, problem-solving, and strategic thinking.

Increased Accountability:

Our programme establishes a clear framework for personal and team accountability, driving goal alignment and a strong sense of responsibility.

Improved Communication:

Our programme fosters better engagement and more effective communication with teams and stakeholders, creating a sense of connection and engagement.

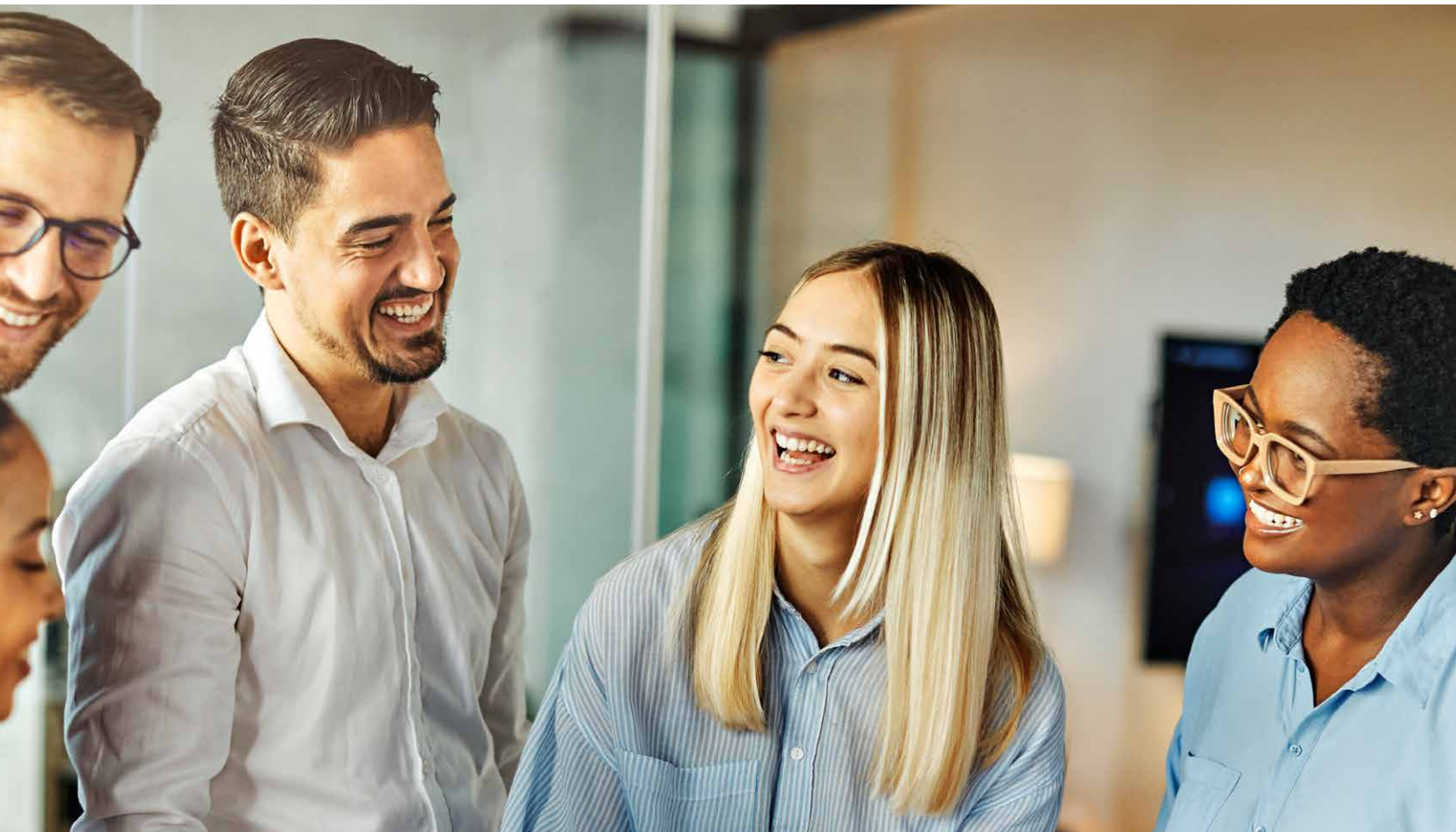
Adaptability:

Equips executives to confidently navigate challenges, even in complex or rapidly changing environments.

Long-Term Vision:

Our programme empowers leaders to think beyond operational success, focusing on sustainable growth and development.

We help you develop a strategic, forward-thinking mindset that will guide your leadership decisions for years.



Benefits to the Business

This coaching experience provides key benefits that drive meaningful change across your business, starting with aligning individual and organisational goals.

One of the most significant advantages is the alignment of individual and organisational goals.

By ensuring that everyone is working towards the same objectives, you improve overall performance and create a stronger sense of purpose within your team.

The programme also fosters a culture of motivation and accountability, positively influencing team morale and engagement.

Employees who feel motivated and accountable are more likely to take ownership of their roles, leading to higher productivity. With the right support, they feel empowered to achieve their goals efficiently, driving the business forward.

Additionally, the focus on personal development and career growth helps reduce employee turnover. When individuals feel they are growing and developing within their roles, they are more likely to stay with the organisation, reducing the costs and challenges associated with high turnover.

Finally, the programme promotes a forward-thinking mindset that encourages innovation and adaptability. By cultivating leaders who are open to new ideas and focused on continuous improvement, the programme helps your business stay competitive and agile in an ever-changing market.

Overall, our Executive Accountability Coaching Programme not only boosts individual performance but also transforms the organisational culture, creating a motivated, engaged, and productive workforce that drives sustained success.



Benefits to the Individual

Unlocking personal growth and potential is at the heart of this coaching experience, helping individuals overcome self-limiting beliefs and build greater self-awareness and confidence.

By focusing on overcoming self-limiting beliefs, individuals gain greater self-awareness and confidence, essential traits for effective leadership.

The programme also provides opportunities for skill development, helping participants acquire new abilities while strengthening their existing competencies. This process not only makes individuals more capable in their current roles but also prepares them for future challenges.

A key aspect of the programme is its focus on Motivational Intelligence (MQ), which boosts resilience and motivation.

Even when faced with obstacles, individuals are equipped with the mindset and tools to persevere and thrive.

This increase in motivation helps them push through difficult times and stay on track toward their goals.

The programme also supports career progression, positioning participants for advancement by developing a personalised plan tailored to their growth and aspirations.

Whether individuals are looking to move up within their organisation or expand their professional impact, this coaching provides a clear path forward.

Finally, the programme encourages a healthy work-life balance. It helps participants manage professional responsibilities while maintaining personal well-being, ensuring they can excel in their careers without compromising their personal lives.

Overall, the coaching empowers individuals to grow, develop, and achieve lasting success.



Executive Coaching Packages

Our packages are crafted to help leaders like you drive meaningful change while fostering personal and professional growth.

Whether you're looking for a short-term, intensive boost or a longer-term journey of transformation, our coaching solutions are designed to meet your specific needs.

Each package provides a personalised experience, ensuring you receive the guidance and support tailored to your goals.

With a strong focus on measurable progress, we offer actionable strategies that empower you to overcome obstacles, enhance your leadership skills, and unlock your full potential.

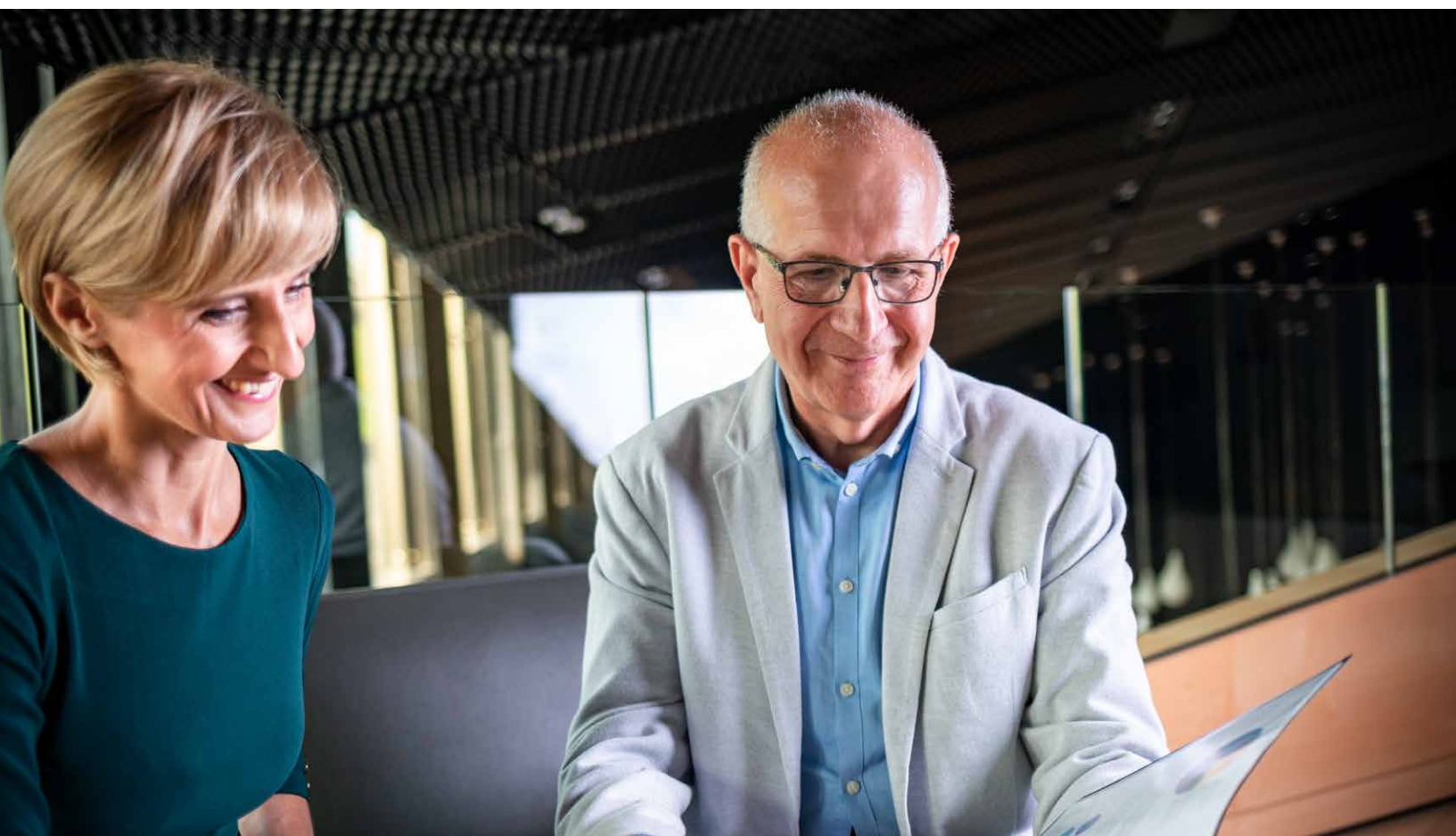
At the core of both packages is our unique Motivational Intelligence (MQ) framework. This approach not only equips you with the tools to lead with confidence but also helps you build resilience and adaptability, essential qualities for thriving in business.

Whether your aim is to develop new skills, improve team performance, or achieve long-term career advancement, our coaching packages provide the structure and accountability to ensure you succeed.

From setting clear objectives to tracking progress at every step, we are committed to helping you reach new heights.

On the next page, you'll find the details of the two Executive Coaching packages we offer, designed to suit different leadership needs and development timelines.

Whichever path you choose, you can be confident that you'll receive the highest level of support and expertise as you work toward your leadership goals.



3-4 Month & 6 Month Packages

3-4 Month Executive Coaching Package

Duration: 3-4 months (5 hours)

Sessions: 5 live Zoom or Teams sessions, each lasting 60 minutes.

This package is perfect for leaders seeking short-term, intensive growth.

You will have access to a private coaching portal where your development goals, progress, and expectations are tracked and reviewed at every session.

6 Month Executive Coaching Package

Duration: 6 months (10 hours)

Sessions: 10 live Zoom or Teams sessions, each lasting 60 minutes.

This extended package offers deeper exploration and ongoing growth for those looking to commit to long-term leadership development.

Your private personalised coaching portal will keep all goals and progress organised, with monthly evaluations to ensure continuous growth and alignment with your objectives.



Guiding You to Leadership Excellence

We're not just coaches - we're your partners in leadership growth.

Our team is made up of experienced psychologists, leadership experts, and business coaches, all dedicated to helping you become the best leader you can be.

We understand the real-world challenges you face in business leadership, from managing stress and self-doubt to balancing team performance and driving growth.

That's why we focus on building your confidence, resilience, and mindset, giving you the tools to lead with clarity and purpose every step of the way.

With over 150 years of combined experience, our team knows what it takes to make a real impact.

We've worked across various industries, from business growth strategies to women in leadership, and our coaching is designed to help you thrive.

Whether you're looking to overcome challenges, elevate your team, or transform your leadership approach, we're here to guide you through every stage of your journey.

But we're not just about teaching leadership skills - we help you build the mindset and self-belief to apply those skills in the real world.

Our goal is to empower you to lead with confidence and achieve lasting success, no matter what challenges you face.

With our support, you'll not only grow as a leader but also unlock your full potential.



The Companies We've Inspired





The
**Power
Within®**

Inspiring the Leaders of Tomorrow, Today

Contact Us Today!

Our team at The Power Within Training are standing by to make sure you get the help you need.

Whether you have a question, are interested in finding out more or looking for a proposal and more, **we're here for you!**



0330 133 2975



contact@tpwtd.com



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