



Coaching a seasoned executive who is experiencing mental fatigue; working with her to achieve a more satisfying balance in her personal and professional lives

Challenge

A leader of a commercial real estate company was brought in to revitalize a stagnant company. With a new energy, she worked full speed to upgrade staffing, maximize portfolio value and generate multiples of the previous cash flow, while facing an owner who has been challenging. As she sees her children growing up, she is feeling the loss and seeks to find more balance in her life while preserving her passion for the business.

Coaching

- Clarify goals and create actionable plan
- Take action for deepening personal relationships
- Develop plan to create better life balance

Results

- Build clarity about life priorities
- Begin practice of living with intention

“ Although I’ve contemplated the idea of working with an ‘executive coach’ for many years, it wasn’t until recently that I took formal steps to find one. Neil came highly recommended through a mutual friend, and we formed an instant connection. Although this has been a new experience for me, working with Neil has truly exceeded every expectation! In a short period of time, he was able to arm me with a priceless ‘new set of tools’ to help shape my perspective, develop a more purposeful ‘life vocabulary,’ and make small (but profound) adjustments to my routine—all steps for more fulfilling and balanced life.