

LEADERSHIP COACHING

BENEFITS AND IMPACT TO THE INDIVIDUAL

Leadership and executive coaching are believed to be the most effective forms of leadership development and can create numerous benefits for individuals both personally and professionally¹.

62% of people who had received leadership coaching noticed a direct improvement in their career opportunities

Over **70%** of participants reported enhanced communication and interpersonal skills resulting in an improved ability to form effective work relationships

80% of individuals who received professional coaching reported higher levels of self-esteem and self-confidence

32% of individuals noticed a faster rate of leadership development

Coaching has a number of beneficial effects on individuals' professional lives, including improved attitudes, higher levels of performance, and a greater ability to attain goals through self-regulation².



Coaching has also been found to effectively reduce procrastination and improve goal attainment, leading to higher levels of productivity and less wasted time.

Another study showed that those who received coaching obtained a higher level of compensation and a greater number of promotions while also feeling more satisfied, committed, and hopeful of advancement in their career than those who did not.



ORGANIZATION ROI

A report on the value of coaching stated that the average ROI of executive coaching for companies was between 500% and 700%, with **19%** of companies indicating that their ROI for executive coaching was over 50 times the amount invested.



DEI IMPACT

54% of immediate staff retention is related to the belief of employees that the companies they work for are contributing positively to their personal and professional development³.



SUMMARY

Coaching also provides a unique way to create a more inclusive and safe working environment, which can then lead to enhanced employee wellbeing and performance at both the individual and organizational level.



Research discovered that **96%** of organizations that hired an executive coach stated that they would go through the process again



99% were highly satisfied with the outcomes of the coaching experience

