



## OUR MISSION

Tenshey's mission is to advance diversity and leadership development through talent coaching for leaders at all levels.

## OUR COACHES

Tenshey's transformational coaches have proven success in helping talent at global, Fortune 500 companies, startups, and small & medium businesses to lead and grow.

## OUR PROMISE

Honesty and trust are the most important factors in the coach-client relationship. All communications with your coach are kept 100% confidential.

SPRINT is designed as a perfect way to kick off a leadership Sponsorship for professionals at any career level. Using a manager-driven approach, SPRINT incorporates structured conversations between the member and his or her manager to target specific areas for personal and professional development.

### SPRINT Program Overview

*Pre-Program Manager Conversation*

*Session 1 - Meet Your Coach and Set Intentions*

*Sessions 2 & 3 - Measure Progress Toward Goals*

*Session 4 - Establish Outcomes and Meaning*

*Post-Program Manager Conversation*

**Focus areas for the program may include:**

- *Leadership & Communication* - Executive Presence, Confidence, Building Teams
- *Emotional Intelligence (EQ)* - Motivating Others, Active Listening, Trustworthiness
- *Productivity & Performance* - Prioritization & Time Management, Leading Projects
- *Operational Effectiveness* - Running Meetings, Pushing Agendas

SPRINT is designed with measurable goals in mind and is an excellent precursor to Tenshey's 1:1 Talent Coaching Programs TRANSFORM and BOOST. What are you waiting for? Invest in your future today.

**Includes:**

**4 One-hour, Virtual Coaching Sessions (+bonus session)**

**2 Half-hour, Virtual Manager Conversations**

**Tenshey Coaching Discovery Plan**