



OUR MISSION

Tenshey's mission is to advance gender diversity through coaching for leaders at all levels.

OUR COACHES

Tenshey's transformational coaches have proven success in helping executives 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 career development and sponsorship training program for professionals at any career level. Using a sponsor-driven approach, SPRINT incorporates structured conversations between the member and his or her Sponsor to target specific areas for personal and professional development.

SPRINT Program Overview

Pre-Program Sponsor Conversation

Session 1 - Meet Your Coach and Set Intentions

Sessions 2 & 3 - Measure Progress Toward Goals

Session 4 - Establish Outcomes and Meaning

Post-Program Sponsor 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 Coaching Programs TRANSFORM and BOOST. What are you waiting for? Invest in your future today.