



ACHIEVE MORE THAN YOU THOUGHT POSSIBLE™

HOW CAN AN EXECUTIVE COACH HELP ME?

- Are you an executive or business owner that wants to perform at her very best?
- What would it feel like to have great balance between your professional and personal life?
- Are you juggling the extensive responsibilities of a high-power career?
- How could you have a better relationship with your boss? Your peers? Your employees?
- Are you working on an important project, perhaps a "stretch assignment," that will determine the next phase of your career?
- What opportunities could you seize if you pushed yourself outside your comfort zone?

I can help you with these situations and others like them.

INSIGHTFUL COACHING FOR EXECUTIVE WOMEN

HOW DOES EXECUTIVE COACHING WORK?

As your coach, I'll help you focus on what's important. We'll filter out the distractions and hindrances of everyday life that get in the way of progress. We'll work to find new and better ways for you to get things done. We'll celebrate when you succeed, and I'll help you learn from your mistakes when you don't. You'll make positive change in your life and your career, faster than if you were doing it on your own.

DOES IT WORK?

A lot of people seem to think so, considering how fast the industry is growing. Companies like IBM, Marriott and Cisco are providing coaching services in-house. One recent study found that executive coaching produced about three times as much improvement in overall performance as other management development techniques. Let's talk about how you and your organization can benefit from coaching as well.

IT SOUNDS PRETTY SIMPLE...

Well, that's because it is. But it can also be quite powerful. You'll be surprised at what you can accomplish when you have a coach helping you keep your focus on what's important and holding you accountable for reaching your goals. Contact me for a sample session and see for yourself.

HOW CAN I LEARN MORE?

- You'll find more information about executive coaching on my web site: [www.AthenaCoaching.com]. You'll also find references to over fifty articles in business magazines and academic journals.
- Feel free to call or email me. I'm here to answer any questions you might have.
- Contact me for a complimentary sample session. The best way to learn more about coaching is to actually experience it for yourself.

WHAT IF I'M NOT NEAR THE ALBANY, NY AREA?

That's not a problem. Fewer than half my clients are local. In fact, many coaches work by telephone. As long as we can work out any time zone differences, distance is not a factor. If you prefer meeting in person, let's discuss how to make that happen.

COMPLIMENTARY COACHING SESSION OFFER

It's difficult to convey the benefits of coaching in a just few paragraphs. The best way to understand it is to experience it for yourself. Please contact me to schedule a sample session. I won't guarantee miraculous solutions from one meeting, but you'll get a taste of what the coaching experience is like. There is no financial obligation.

ABOUT DAVID CHENG

Dave has been coaching professionally since 2004. He brings over twelve years of Human Resources management experience to his coaching practice. Dave holds undergraduate degrees in Business, Psychology and Communication. He also earned an MBA from the Stern School of Business at NYU. Dave received his training from the industry-leading Coaches Training Institute, and he is a member of the International Coach Federation.

CONTACT

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