



Executive Coaching

Executive Coaching is for you if...

- you are at the point where you want to improve your leadership communication or planning skills,
- you are looking to create stronger connections with your team,
- you're about to lead a new project and want to ensure it goes smoothly,
- you are purpose-driven and want to have more impact in the world through business,
- its time to shift your business direction, or
- if you want to tackle a major challenge, be accountable to your own goals, overcome hurdles, navigate change, break-through the glass ceiling, or grow your business.

Executive Coaching offers leaders an opportunity to address their own professional and personal development. We also look at your organization and how you can be more effective. In short, coaching focuses on your advancement – whatever way you view it.

If purpose and social impact are important to you, look no further. We can assist you with integrating your social purpose, values, and impact strategies into core operations, so you are the organization of choice!

What Do You Want to Tackle?

- Leadership Skills
- Communication
 - Conflict
 - Non-Verbal
 - Written
- Emotional Intelligence
- Self-Awareness
- Team Building
- Authenticity
- Building Trust
- Social Impact
- Time Management
- Delegation
- Change Management
- Work-Life Balance
- Performance
- Confidence
- Accountability
- Goal Setting
- Business Growth
- Non-Profit Management & Growth

We Can Change the World Through Business when we Change How Business is Done

What makes us different?

- **Confidential Coaching sessions focus on YOU & your needs now**
- We **measure behaviour change & results** to accelerate your transformation.
- We offer you **support between coaching sessions** using our secure Private Coach Portal.
- **Different approaches** including questions, role-play, exploration, evaluations, etc. are used **to help you identify issues and solutions.**
- Our **sessions are action and transformation** focused to shift solutions **from context into implementation & results.**
- We are **ICF trained Executive and Business Coaches** with over 10 years experience.
- Experienced in **leadership, communication, teams, entrepreneurship, non-profits and social impact** and more.

Our Executive Coaching includes:

3 - or 6-month terms

- Private Coaching via video conference – 3 sessions per month
 - Recordings of all coaching sessions
 - Copies of any whiteboards we create
- Unlimited support via our Private Coach Portal between coaching sessions
- DISC Leadership – Motivator Assessment
- Behaviour Change Measurement (aka the HabitBuilder™)

Optional Additional Options

- Verbal 360 Assessments
- Facilitated Group Sessions or Retreats

Studies have repeatedly demonstrated that sixty-one (61%) percent of leaders state coaching helped them make significant progress toward their goals.

Our Impact

Our commitment to paying it forward and making a positive IMPACT on the world around us is driven by our MoreThanGreen™ program. We donate 2% of all top-line revenues (regardless of source) to our designated charities.



Catherine Rocheleau

Executive Coach

Business Impact Strategist



As a Business Impact Strategist, and proud owner of a woman-led business, Catherine works with small and medium business leaders & professionals to overcome overwhelm, frustration, disorganization or lackluster results so they lead a thriving business where people love to work and make a positive change in the world.

With extensive experience as an entrepreneur, non-profit executive, board member, educator, food service and healthcare professional, Catherine's diverse background has been instrumental in creating positive organizational change at the corporate, small business, non-profit and entrepreneurial levels. Through her coaching and training programs she has successfully led, and supported clients through, change initiatives to boost profits (revenues) & business growth with social impact while creating better systems, happier teams, improved relationships, effective communication, and empowering leadership.

Catherine is a Certified Executive and Business Coach, and a Master Certified Coach Trainer. She holds a Master of Business Administration in Managerial Leadership and Project Management, is an Organizational Change Professional, and Registered Dietitian. She is an international speaker, 3-time best-selling author and won the Food Executive of the Year award for Western Canada.

Outside of work Catherine loves to read, spend time with family and friends and enjoys a great glass of red wine. She is a passionate Team Canada, Vancouver Canucks and BC Lions fan in addition to being a self-proclaimed Olympaholic.

Contact Information

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Book an Ignition Call for questions or to see if our programs are a fit for you.