

Executive Coaching & Leadership Intensive

The Leadership Intensive is a proven, six-session coaching journey that helps you know yourself so you can lead yourself - and then multiply that healthy leadership across the people, teams and communities you influence. Available one-on-one, in a small group, or as a team.

WHAT IT IS

Coaching that starts with self-awareness and ends with a game plan.

At its heart, the Leadership Intensive is coaching - individual or group coaching that follows a proven process. Each session unpacks a different aspect of your leadership so you understand yourself better, then equips you to use that self-awareness to be more effective at everything you do.

It's designed to help you become 100% healthy as a person and as a leader - and then learn how to multiply and scale that healthy leadership inside your team, organization, family and community.

WHAT IT IS

Individual or group coaching that follows the proven Leadership Intensive process.

WHO IT'S FOR

An individual leader, a small group, or a whole team going through it together.

STRUCTURE

Six deep-dive Intensive sessions - roughly 12 hours together - plus ongoing coaching.

SCHEDULE

Completed over 2 days, 6 weeks, 6 months or 12 months. In-person or virtual.

WHO IT'S FOR

One person, a small group, or a whole team



Individuals

One-on-one coaching for a leader who wants to grow in self-awareness, effectiveness and influence - at their own pace.



Small Groups

A handful of leaders journeying together - learning the same tools, sharpening one another, and building a shared language.



Teams

A whole team goes through the Leadership Intensive together, so healthy leadership scales across the group and shows up in how you work.

THE JOURNEY

Six intensives that unpack your leadership

1 Story

Your story is the account of your life and how it has shaped who you are - how you live, lead and make decisions. It's the first step to knowing yourself so you can lead yourself more effectively.

2 Voice

Everyone has a Voice - a unique style of thinking, leading and communicating - but most don't fully use it. Using the 5 Voices method, we help you understand your foundational Voice and adapt to connect with different people.

3 Choice

We identify the core motivations and drivers - positive and negative - that most impact your decision-making, so you can lead from confidence rather than self-preservation.

4 Rhythm

We help you build a healthy, effective and sustainable rhythm for your life and work, so you can bring your best in every area - not just at the office.

5 Relationships

We identify the relationships most important to your life and work and help you take them to the next level, exploring communication strategies that elevate your influence with the people who matter most.

TURNING INSIGHT INTO ACTION

The C.O.R.E. process

Learning only matters if you do something with it. At the end of every session we run your biggest takeaway through C.O.R.E. - a simple, repeatable tool that turns an insight into a concrete action plan you can actually execute.

The C.O.R.E. process is designed to help leaders:

- ✓ Build self-awareness and improve decision-making.
- ✓ Enhance communication and collaboration.
- ✓ Foster a culture of accountability within their teams.
- ✓ Drive effective execution of strategies and initiatives.

By focusing on these areas, leaders can create a more engaged and high-performing organizational culture.

Call it

What happened? Name the situation or the learning clearly.

Own it

Why did it happen - and what was your role in it?

Respond

What will you do about it? Decide the concrete next move.

Execute

When will you do it, and who will hold you accountable?

WHAT YOU'LL WALK AWAY WITH

Typical outcomes of the Intensive

- ✓ Understand how your story has shaped the way you lead today.
- ✓ Build a healthier, more sustainable rhythm across work and life.
- ✓ Use self-awareness to be more effective at everything you do.
- ✓ Discover how your leadership Voice affects the people around you.
- ✓ Create stronger, more intentional relationships and greater influence.
- ✓ Leave with a concrete Game Plan and a repeatable way to keep growing.

QUICK FACTS

Quick Facts about the Leadership Intensive

WHAT IT IS

Individual or group coaching that follows Long Table's proven Leadership Intensive process - a six-session journey to know yourself and lead yourself.

STRUCTURE

Six deep-dive sessions - Story, Voice, Choice, Rhythm, Relationships and Gameplan - totaling roughly 12 hours, plus ongoing coaching in between.

WHAT'S INCLUDED

Your own workbook for each session, access to online content via the GiANT platform, and a tangible action plan built through the C.O.R.E. process.

WHO IT'S FOR

An individual leader, a small group of leaders, or a whole team going through the Intensive together.

FORMAT & SCHEDULE

In-person or virtual; completed over 2 days, 6 weeks, 6 months or 12 months, sized to your goals.

HOW TO START

Book a coaching discovery conversation; we'll tailor a flexible coaching journey to you or your group and adjust it along the way.

Ready to start your Intensive?

Tell us whether you're pursuing this on your own, with a small group, or as a team - and what you want to grow into. We'll shape a coaching journey around it.

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