

## Welcome

Congratulations on your decision to learn more about the rewards of investing in yourself and your career through Engage 360° coaching. This document is designed to help you understand the nature of my coaching and how to get the most from our potential partnership.

### What Is Engage 360° Coaching?

Embraced by a wide range of individuals and companies, from IBM, AT&T and Kodak, to Goldman Sachs and Ernst & Young, coaching has become one of the top tools that today's leaders, executives and entrepreneurs use to run successful businesses and lead great lives. Part personal advisor, part sounding board and part strategist, as your coach I am someone who is specifically focused on you and your success.

Through Engage 360° Coaching, I work with you to identify what you want personally and professionally and support you in achieving a life that you really want and is truly fulfilling. As amateur and professional athletes have known for years, having someone work directly with you to point out things you can't see and keep encouraging and challenging you to achieve your greatest potential is invaluable. That's who I am for you.

### As Your Engage 360° Coach I Will:

- Encourage you to set goals that you truly want and reflect fulfillment across all aspects of your life.
- Ask you to do more than you may have done on your own.
- Help you focus better in order to produce results more quickly.
- Provide you with the tools, support and structure to accomplish more.

### How Does Engage 360° Coaching Work?

The power of Engage 360° coaching is found in the relationship, so we begin the process by getting to know one another. The better I know you, the more effective the coaching. In fact, approximately 75% of my coaching clients work with me for six months to a year, or longer.

## **Foundational Session**

The coaching relationship begins with a Foundational Session. We'll use the insights gained from the insight building Engage 360° Coaching Personal Profile to identify the areas you want to focus on over the next three to six months. We'll investigate your personal and company vision, purpose and values. Then we will create a personal action plan to set and achieve some real "stretch" goals and fine tune your unique brand by leveraging your strengths and bolstering your weaker areas.

## **Weekly Sessions**

We will schedule 2 - 3 phone or in-person sessions per month. Before each session I expect that you will mentally prepare and come to the session with one or two things you wish to focus on. By the end of the session, you should expect some "breakthrough," such as working through a problem, gaining clarity on an issue, making an important decision or creating a plan of action. In general my clients are more motivated and energized, ready to take action and in a better place than before the session.

## **Doug Brockway, Chief Engagement Officer**

An engaging speaker and facilitator, with an excellent track record, Brockway never coloured within the lines as a child. Launching from where traditional corporate programs leave off, he teaches leading-edge approaches that help organizations create cultures that drive engagement and where employees have the skills and experience to contribute to the business in high impact ways.

A Certified Executive Coach, his prior work for 14 years as a Behaviour Therapist has provided him with an in-depth understanding of human and organizational potential. Brockway has consulted with a broad range of local, national and international corporations and organizations. Selected clients include Morbus Consulting, Vancouver Coastal Health, Fairmont Hotels & Resorts, Steelcase International, Telus, BC Hydro, the BC Ministry of Attorney General, the Insurance Corporation of BC, the University of BC, the Architectural Institute of BC, Sauder School of Business, Reputations Corporation and the Certified General Accountants Association of BC. He also works with a select number of private individuals.

Brockway is also an active volunteer. He has been involved with the Vancouver Board of Trade's Leaders of Tomorrow Program, the Canadian Red Cross and has served on the Organizing Committee for Worldcup Freestyle Skiing for 10 years. Doug recently served on the Board of Directors of Leadership Vancouver.

