



Teal and Co. partners with individuals and organizations to explore and unlock their potential. Our programs and services focus on enhancing employee contributions, engagement, and retention.

## ABOUT US

Teal and Co. is an innovative Organizational Consulting firm focused on strategic alignment.

Our commitment to **Talent, Excellence, Agility and Learning (TEAL)** is visible in everything we do. We bring a customized approach to our coaching programs, utilizing accelerators and frameworks to enable practical solutions that make a long-lasting impact.

We have a cadre of seasoned and certified executive coaches that partner with leaders to achieve enhanced performance, transition to new roles or accelerate development goals. Our coaches focus on building a relationship that has a solid rapport and a foundation of trust.

## OUR PROGRAMS

Our Professional Coaching Programs are geared toward individuals and organizations that want to invigorate growth and development. Our exemplary coaches work with teams and individuals using a variety of proven programs and coaching techniques tailored to the needs of the organization and/or individual.

We are committed to a process that offers a confidential environment for discussion, ensuring personal growth and development. Teal and Co.'s professional coaching programs are customized to build on previous experiences and enhance existing skills to unlock leadership potential.

Our programs offer a safe space to gain perspective, encourage a deeper level of learning, build personal awareness, provide support for skill and behaviour improvement and contribute to an increased level of engagement.

Professional Coaching Programs can be delivered anywhere between 6 – 12 months, or beyond, with sessions structured to meet individual and organizational needs. Meetings can also be held in-person or virtually.

## PROFESSIONAL COACHING PROGRAM HIGHLIGHTS:

- A dedicated executive coach that will provide the opportunity to engage in conversations that explore challenging questions and areas of focus for development.
- An established process for those looking to learn and commit themselves while providing visible and measurable results.
- An opportunity to focus on objectives, performance and competency expectations of the role, taking into account any stakeholder and self-assessment insights. This ensures the relationship has a solid rapport and foundation of trust.
- Consultation with stakeholders where required and appropriate, such as the participant's direct leader, and/or the HR Leader to review the areas of focus – depending on the program.
- A variety of proven psycho-metric behaviour-based assessments (SDI, DISC or Birkman) included as appropriate.
- An orientation “kick-off” meeting to take place immediately following confirmation of the program.
- Ability to meet and choose the best suited coach

## THE RESULT

Participating in a professional coaching program will:



### Improve self-awareness.

Through personal assessment and exploration, clients will have a better understanding of “self”, personal values, strengths, interests, aptitudes and their working & behavioural style (behavioural assessments are typically completed to assist with this process).



### Enhance leadership, position capabilities and competencies.

Areas to further develop and strengthen abilities, conversation techniques and relationship intelligence will be explored.



### Improve people relationships and team dynamics.

We'll explore heightened culture awareness, approaches to meeting management, information management and collaboration.



Teal and Co. Inc.



tealandcoinc



tealandco\_