



Executive Coaching: Facilitating Excellence in the C-Suite

Michael Hall, Graham Richardson

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The people who operate at the executive levels in organizations and corporations face very unique challenges. Many times they are in a politically charged environment where it is often difficult to get accurate facts about what is really happening. It is also difficult to find someone to dialogue with because of this. It is into this arena that the Executive Coach enters. *Executive Coaching* examines the challenges of executives in the corporate suite in eight chapters: Psychological Well-Being, Direction, Feedback, Change, Leadership, Politics, Culture, and Derailment. These primary challenges of modern organization are detailed by research as well as by the personal comments from Master Coach, Graham Richardson, who pioneered the idea in Meta-Coaching of the art of ruthless compassion. What characterizes life in the Corporate Suite? Stress, lots of it; demands from those above and below; questions about meaningfulness; questions about work life balance; time-pressure and more. Here is where the executive coach can make a transformative difference. An Executive Coach doesn't have to have been an executive, but he or she does need to know the challenges in the C-suite and how to have a ruthlessly compassionate conversation about the challenges there and how to effectively listen, which is not easy. Also included in this volume are Executive Coaching Conversations and a final chapter on how to launch and operate an Executive Coaching career.



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