



COACHING EMOTIONS

“FOUNDATION FOR SUCCESSFUL LEADERSHIP”
PACKAGES

Be the Leader you wish you had

in 4 to 6 months

Be self-confident in your role as a leader with your team and your superiors

Get a clear understanding of your strengths as a person and as a Leader

Create an action plan to become the best leader you can be

Get guidance and an accountability partner to get you there

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EQ PACKAGE

- ✓ One Individual ECR assessment
- ✓ One ECR 360 assessment
- ✓ 1 coaching session of 90 minutes to review the assessments
- ✓ 5 follow-up coaching sessions of 60 minutes
- ✓ Assignments between sessions
- ✓ A set of resources for your growth
- ✓ Email support

From 1790 CHF

STRENGTHS PACKAGE

- ✓ One CliftonStrengths Finder assessment
- ✓ 1 coaching session of 90 minutes to review the assessment
- ✓ 5 follow-up coaching sessions of 60 minutes
- ✓ Assignments between sessions
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- ✓ Email support

From 1790 CHF

ALL-IN-ONE PACKAGE

- ✓ One Individual ECR assessment
- ✓ One ECR 360 assessment
- ✓ One CliftonStrengths Finder assessment
- ✓ 2 coaching sessions of 90 minutes to review the assessments
- ✓ 6 follow-up coaching sessions of 60 minutes
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- ✓ A set of resources for your growth
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From 2970 CHF

LET'S TALK



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BOOK NOW

OR

LET'S TALK

EXAMPLE OF SESSION BREAKDOWN

Pre-assessment consultation

Discuss goals and complete assessments.

1. Assessment review (90 minutes)

We'll start by thoroughly reviewing your ECR assessments, identifying your emotional strengths and areas for improvement. This session sets the stage for targeted growth.

2. Five follow-up coaching sessions (60 minutes each)

These sessions build on each other, focusing on integrating your assessment insights into your leadership practice. We will:

- Deepen your self-awareness and emotional regulation.
- Enhance your social awareness and relationships.
- Develop strategies for decision-making, resilience, and managing stress. Each session will guide you through applying these skills progressively, ensuring they align with your leadership goals.

IN ADDITION, YOU GET

- **Reflection journals:** Prompts to deepen your learning.
- **Email support:** Ongoing check-ins and support.
- **Personalized assignments:** Optional exercises tailored to your needs.
- **Curated resources:** Access to relevant articles, videos, and books.



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EXAMPLE OF SESSION BREAKDOWN

Pre-assessment consultation

Discuss goals and complete assessments.

1. Assessment review (90 minutes)

We'll start by exploring your CliftonStrengths results, identifying your top strengths, and discussing how they can be applied to your leadership role and personal growth.

2. Five follow-up coaching sessions (60 minutes each)

Building on your assessment insights, these sessions will focus on:

- Deepening your understanding of each strength.
- Developing strategies to integrate your strengths into daily leadership practices.
- Enhancing team dynamics and maximizing your impact as a leader.

Each session will ensure you're progressively applying your strengths to achieve your leadership goals.

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EXAMPLE OF SESSION BREAKDOWN

Pre-assessment consultation

Discuss your goals and complete assessments.

1. EQ debrief

Review your EQ results, identify your strengths, and set your growth goals.

2. CliftonStrengths debrief

Discover and leverage your top strengths in leadership.

3. Applying Emotional Intelligence

Use EQ insights in your real-world leadership scenarios.

4. Strengths-based Leadership

Lead effectively by leveraging your strengths.

5. Integrating EQ and Strengths

Combine your EQ and strengths for a balanced leadership approach.

6. Leadership strategy development

Create your personalized leadership strategy.

7. Addressing challenges

Tackle your specific leadership challenges with EQ and strengths.

8. Reflection & Future planning

Review your progress and plan for ongoing development.

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COACHING EMOTIONS

“LEADERSHIP GROWTH” COACHING PACKAGES

Tackle a specific leadership goal

If you have a specific leadership goal you need support on, choose this option and get your problem sorted.

The basic package is for one specific goal; the premium one is ideal for a more complex one or more than one goal.



BASIC PACKAGE

- ✓ 30-minute goal-setting session
- ✓ 4 coaching sessions of 60 minutes
- ✓ Assignments between sessions
- ✓ Email support

From 650 CHF

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PREMIUM PACKAGE

- ✓ 30-minute goal-setting session
- ✓ 6 coaching sessions of 60 minutes
- ✓ Assignments between sessions
- ✓ Email support

From 970 CHF

[BOOK NOW](#)



NATALIA PLISZCZAK



I'm Natalia, a passionate coach specializing in emotional intelligence and a certified CliftonStrengths assessor.

With nearly a decade of experience in Learning & Development and a deep focus on Leadership Development, I help leaders harness their unique abilities for more effective and empathetic leadership.

I currently coach in English, French, and Spanish. My international background and experience across diverse industries allow me to offer tailored coaching that addresses the specific challenges and opportunities of global and multicultural leadership.

In our sessions, we will explore how to leverage your strengths and apply emotional intelligence in your leadership role. Whether through individual programs focused on emotional intelligence, strengths-based development, or a combination of both, I aim to enhance your natural leadership capabilities and empower you to achieve greater impact and success.

CONTACT

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[Check out my LinkedIn](#)

