COACHING PRACTICE PROFILE

06

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ILLUSTRATIVE PHOTO

Lead with clarity. Speak with intention.

A reflective coaching space for managers navigating difficult conversations, new responsibility and a more intentional leadership style. Build awareness, rehearse choices and notice what changes.



03 LEADERSHIP THEMES	**01** PRIVATE REFLECTION SPACE	**04** STAGES OF A COACHING CYCLE

THE PROFILE IN CONTEXT

My coaching approach combines careful listening with practical reflection. We explore the situation you are facing, the assumptions shaping your response and the behavior you can choose differently. Sessions are not about performing a fixed version of leadership. They are about finding a way of leading that works for your context and values, then testing it in real conversations.

Leadership presence · Difficult conversations · Self-awareness · Team communication · Reflection

Audience	**New and growing people managers**
Format	**One-to-one / small group**
Working style	**Reflective + action-oriented**
Boundary	**Not therapy or crisis support**

Delhi NCR · Online sessions

FICTIONAL SAMPLE

CAPABILITY / CONTENT / EVIDENCE

Where a shift can begin

01

First-time manager transition

Explore how responsibility changes when your work includes enabling other people.

Leadership intentions + practice plan

02

Difficult conversations

Prepare for feedback, boundary-setting and disagreement without relying on a rigid script.

Conversation rehearsal + reflection prompts

03

Leadership communication

Notice your default patterns and build a more deliberate way of speaking and listening.

Behavior experiments + review notes

The work between sessions

> A clearer question.
> A more useful conversation.

REFLECTION / PRACTICE

Feedback without avoidance

CONTEXT

An illustrative manager delays a conversation because they expect it to become personal.

CONTRIBUTION

Separate observations from assumptions, rehearse a clear opening and identify space for listening.

A conversation plan and a reflection after the real discussion.

> One small shift.
> A different next step.

LEADERSHIP TRANSITION

From solving everything to enabling others

CONTEXT

A new manager keeps taking work back when team members approach tasks differently.

CONTRIBUTION

Explore beliefs about quality, delegation and acceptable learning risk.

A bounded delegation experiment with an agreed check-in.

These examples show the intended content structure. They are original fictional studies—not verified clients, completed research, clinical outcomes, endorsements or product performance.

FICTIONAL SAMPLE

APPROACH / EXPECTATIONS / NEXT STEP

Awareness into action

01
Notice
Describe the situation and your response.

02
Explore
Question the assumptions beneath the pattern.

03
Practice
Choose and rehearse one different response.

04
Reflect
Review the experience without demanding perfection.

Practice commitments

Presence

Your context sets the agenda

Sessions begin with the issue you choose, not a predetermined diagnosis.

Professional boundaries

Clear scope and confidentiality

Agree confidentiality, sponsor reporting and cancellation terms before engagement.

Credentials

Verification required before launch

This fictional sample does not claim an accredited coaching qualification.

GOOD FIT

Managers seeking reflective development and willing to try changes between sessions.

IMPORTANT BOUNDARY

Mental-health treatment, crisis care, employee assessment or guaranteed behavioral outcomes.

How is this different from advice?	Coaching helps examine your choices. Specific advisory input should be named and agreed when offered.
Can an employer sponsor sessions?	A sponsor agreement should define goals and protect the privacy of session content.
Will sessions be recorded?	Recording is not assumed and would require explicit agreement.

THE NEXT CONVERSATION

Begin a conversation.

naina@profile.example · placeholder only

USEFUL CONTEXT TO SHARE

→ Leadership situation you are navigating
→ What you hope to work on
→ Individual or employer-sponsored context

This is not a live contact channel. Use verified details in a real profile.

FICTIONAL SAMPLE