

Executive Holistic Coaching: Empowering C-Suite Leaders for Sustainable Growth and Efficiency

This webinar is designed for C-level, HR, and L&D executives, focusing on Holistic Coaching as a powerful tool for both personal and professional development.

It explores how integrating physical, emotional, mental, spiritual, and strategic elements can help leaders overcome challenges like decision fatigue, maintain work-life balance, and foster a culture of empathy and innovation. Key topics include emotional intelligence, strong leadership presence, and strategies for sustainable growth.



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PCC - President of ICF Doha 2025
Executive Holistic Coach



Tuesday, 22 April 2025



17:00 to 18:00 (Qatar)



Live Webinar, English



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Guess Who?



What do you see?



Who is Not-Stressed?

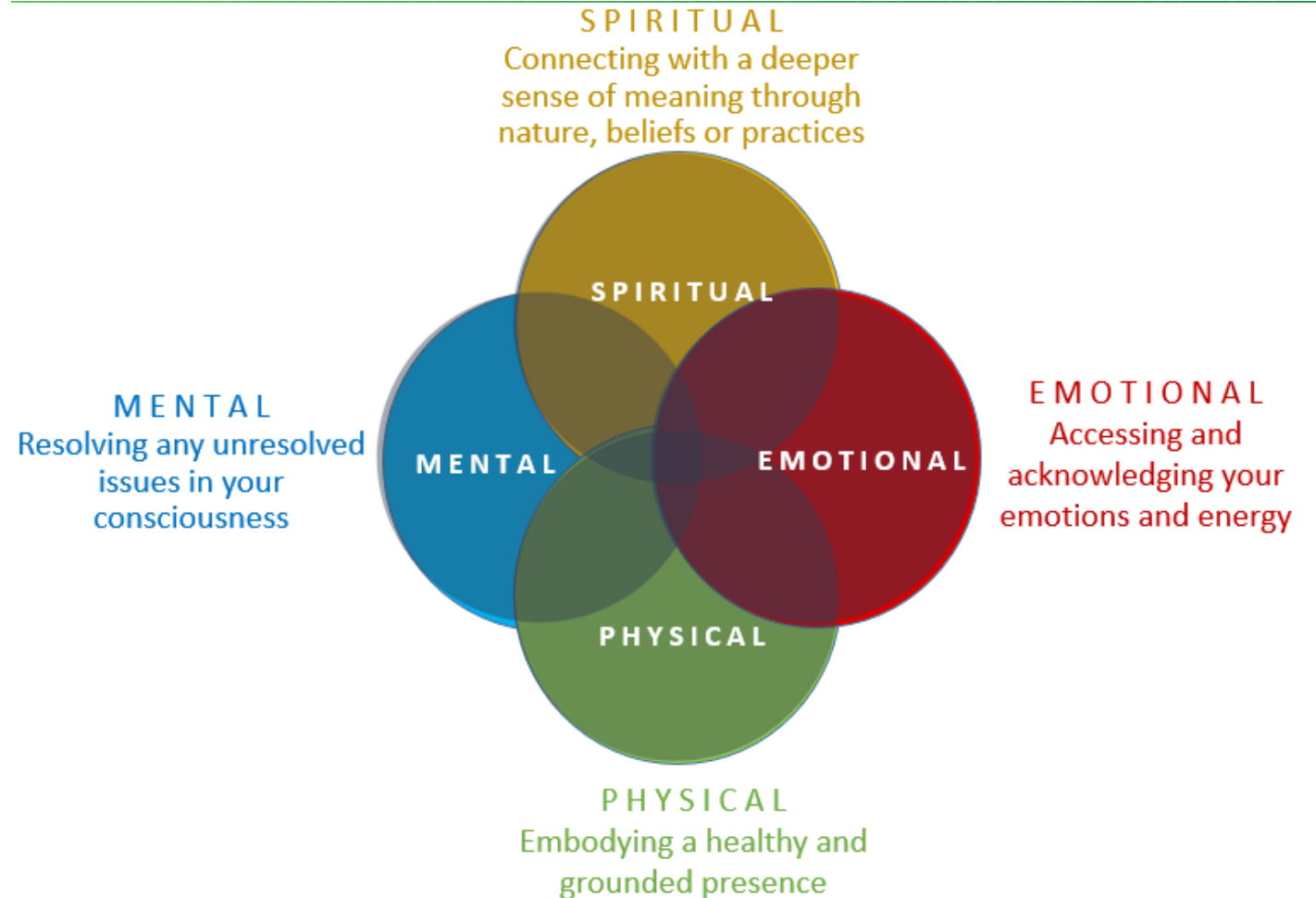


What is Holistic Coaching?

Considers the **WHOLE** person and
how he/she interacts with the environment,
emphasizing the connection of
Body, Mind, Heart and Soul

therefore balancing out the
Physical, Mental, Emotional and Spiritual
awareness & well-being of each person!

What is Holistic Coaching?



What is Executive Holistic Coaching?

**It's about developing a new relationship with
Self-leadership, Purpose,
and Conscious responsibility.**

**At the core of this process is a belief:
C-level leaders can thrive without sacrificing
their well-being or authenticity.**

We begin by:

- **reconnecting to what truly matters**
- **identifying what drains your energy and**
- **building the clarity to lead with intention.**



Doha
Chapter

What is Executive Holistic Coaching?

Not quick fixes
it's about rewiring the way we lead, think, and
live, so success becomes sustainable and
leadership a source of strength, not stress.

**Welcome to a new chapter
in Leadership development,
one that is grounded, focused,
and deeply human.**

What are the 4 Leadership Anchors?



What Executives need?

1. **Physical Health and Well-being**
2. **Stress Management**
3. **Integrating Work and Life**
4. **Emotional Intelligence and Resilience**
5. **Growth Mindset and Positive Belief Systems**
6. **Life Purpose and Fulfillment**

What does an Executive Coach do?

- **Define meaningful, actionable goals**
- **Identify internal and external obstacles**
- **Optimize your leadership style and communication**
- **Increase self-awareness and decision-making agility**
- **Build systems of accountability and progress**

Why this matters for C-Suite Executives

- **Regain control of their time and energy**
- **Build unshakable confidence in high-stakes environments**
- **Cultivate trust-based leadership that inspires, not micromanages**
- **Achieve real balance between performance and personal peace**
- **Turn setbacks into building blocks for growth and credibility**

The 5 Core areas of Transformation

- **Leadership** – Master the art of leading people, not just managing results.
- **Performance** – Build resilience, sharpen focus, and elevate how you show up daily.
- **Business Growth** – Develop strategic thinking and systems to scale what works.
- **Work-Life Balance** – Reclaim your time, energy, and attention where it matters most.
- **Entrepreneurship** – Turn vision into action with clear roadmaps and the right mindset.

When is the right time to work with a Coach?

- When you're preparing for your next leadership role
- When you're navigating transition, change, or rapid growth
- When you want to overcome burnout and regain control
- When you're tired of surface-level fixes and want deep, sustainable progress
- When you simply know: "I want to be better."

The HEART© Coaching Methodology is...

a unique approach to coaching that offers the outcomes of **being and feeling**:



Holistic
Empowered
Accepted
Resilient
Transformed

Questions?

Contact



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