



# Get Momentum

## **EXECUTIVE LEADERSHIP COACHING**

Individualized productivity coaching that shows you how to work and live more efficiently. Achieve your goals...faster and easier via customized executive coaching.

**Success Strategies for High Performers**  
**Focus your Mindset, Build your Skill-set and Leverage Your Toolkit**  
**Customized Coaching for Managing Leaders**



**THE JASON WOMACK COMPANY**

# COACHING OVERVIEW



In this Executive Coaching program, you will:

- ▶ Lead with integrity through difficult and pressure-filled challenges
- ▶ Develop your self-awareness and emotional intelligence
- ▶ Balance your intrinsic and extrinsic motivations to find the "sweet spot" of your capabilities
- ▶ Be a more effective leader by developing greater confidence in your capabilities
- ▶ Become an empowering leader that fosters effective teamwork
- ▶ Lead an integrated life that enables you to balance your work and home life

**Our Executive Coaching program provides you with specific examples and practical strategies to achieve your most important objectives and improve time management skills.**

To achieve long-term success, leaders must handle the formidable challenges associated with moving into new and increasingly more complex leadership roles.

In this program, you'll learn how to lead under pressure, champion change, build teams, and develop talent throughout the organization

Identify the SYSTEMS and PROCESSES that make it possible to engage in the highest-value activities. Outline the skill-set and repeatable behaviors to enhance the mindset of effective workflow and practices of productivity.

Each segment of the coaching program incorporates discussion and individualized activities based on work style and personal preferences. We will debrief each process or activity, making room for more specific examples and a general question and answer period.

# COACHING STRUCTURE



The Executive Coaching program is organized into 3 distinct sessions. Each session is designed to build momentum, offering you a step-by-step process to achieve more, be more productive and achieve greater results.

## Part 1

### ▸ Interview & Intake process (1-3 weeks before we meet)

Through a conversation (or two) with Jason over the phone and via email, you begin the process of identifying the overall GOAL and the individual CONCERNS related to improving productivity both from an individual perspective as well as at the “desk level.”

## Part 2

### ▸ Onsite **Workflow Coaching** Session (1-2 days)

Jason observes you as you do your work on-site. This observation and assessment process is the key to success of this coaching program. During that time, we’ll create procedures to address specific issues and implement strategies to handle interruptions, lead more effective meetings, and delegate better. The goal: to create more time to do strategic thinking, develop your team and give you time to plan and execute on longer-term projects.

## Part 3

### ▸ Implementation Follow Up Sessions (12 weeks)

The 12 weeks of coaching support (through the Get Momentum Leadership Academy - GMLA) is included in the Executive Coaching package. We work together via email (weekly) and 45-minute phone calls (every 2-3 weeks) to fine tune the systems we created during the Workflow Coaching Session.

You’ll ALSO be enrolled as a PLUS Member in the GMLA for those three months. See [www.GetMomentum.com](http://www.GetMomentum.com) (Value = \$600/month)

# About your coach: **JASON WOMACK**



Founder, Author, Executive Coach

Jason is an internationally recognized expert in the field of Performance Management. His consulting is used for business school programs, inside Fortune 100 companies, in organizations in both the public and political sectors. Jason writes, speaks and advises high performance individuals on how to improve their productivity everyday.

Your Best Just Got Better (Wiley, 2012)  
Get Momentum (Wiley, 2016)



**Best-Selling Book (available in hardback, Audible, e-versions)**

Jason's books serve as a playbook for individual success; each chapter outlines a specific skill-set that knowledge workers, professionals and executives use to achieve more - at work, and in life.



International Speaker and Thought Leader

**Customized training to build leadership skills.**

For more than 17 years, Jason has spoken at industry conference with 1,500 attendees as well as corporate boardrooms with small groups key executives driving change throughout their organizations.

# Overview & **PRICING**



## **Executive Coaching Overview and Pricing:**

- ▶ Phone Assessment and interview with Jason to set goals.
- ▶ PreWork: based on the assessment, may include tracking and identifying specific outcomes for our time together.
- ▶ 1-Day onsite coaching session in your office to maximize workflow routines and identify actions necessary to achieve your goals.
- ▶ Phone and email support for the 3-months following the onsite coaching session. (45 minutes by phone, up to twice per month.)
- ▶ **Executive Coaching Fee: \$19,500**  
(plus business travel expenses from LAX, California)

# Sign up **INSTRUCTIONS**



## **Schedule Your Coaching:**

When you're ready to schedule your Executive Coaching Session, contact Jodi to begin the process.

Email: [Jodi@WomackCompany.com](mailto:Jodi@WomackCompany.com)

Direct line: 805-798-1295