

# SIY Global | Integration Coaching

## WHY SIY GLOBAL COACHING?

SIY Global Coaching is a transformational development process that enhances professional effectiveness, advances leadership capability, improves individual social and emotional intelligence, and supports the well-being of leaders and employees. SIY Global coaching empowers sustainable behavior change through developing greater self-awareness and perspective, clearer focus, accountability, and builds confidence to meet the challenges and opportunities that lie ahead.

In the short term, SIY Global coaching helps individuals more skillfully apply what they learned in our programs to real-world situations in order to generate immediate impact. In the long term, SIY Global coaching cultivates leadership skills in any employee, regardless of their position, and shifts not only how a person leads, but *who they are* as a leader by enabling coachees to operate in more complex, systemic, strategic, and interdependent ways.

## WHAT IS UNIQUE ABOUT SIY GLOBAL COACHING?

SIY Global Coaching supports participants in enhancing self-awareness, developing social awareness, and skillfully managing complex situations. What is unique about our coaching methodology is our holistic approach. SIY Global Coaching is built on the foundations of mindfulness and social and emotional intelligence, which help leaders learn how to embody the skills and practices that create sustainable change. True organizational transformation comes from not just what we do, but how we do it. SIY Global coaching will help you develop an emotionally and socially intelligent workforce that more deeply understands themselves, each other, and how to work together more effectively.

## WHO ARE OUR SIY COACHES?

SIY Global Coaches are executive and leadership coaches who exemplify and embody the best of social and emotional intelligence principles both personally and professionally. Each SIY Coach has proven success in leadership and executive coaching. Coaches are trained in our SIY coaching framework and science-based approaches to enhance integration of EI principles and leadership behavior change.



## WHAT IS INTEGRATION COACHING?

**Integration Coaching** is designed to support coachees in applying what they have learned in our programs to support their day-to-day work. This dedicated 1:1 time gives coachees an opportunity to more deeply explore 1-3 content areas from the program to build confidence in the practices learned in the program and begin to build habits that support their unique development goals.

## HOW DOES IT WORK?

Participants may choose to register for Integration Coaching either before their program or within 1 month following the end of training (for SIY this means up to 1 month following the 28-Day Challenge). Each participant interested in coaching will complete a short questionnaire to indicate coaching areas of focus and other preferences. Coaches will be assigned to meet these preferences as best as possible. Once coaches have been assigned, the coach will contact the coachee and they will manage their coaching schedule accordingly.

## INTEGRATION COACHING INCLUDES:

- Three 1-hour coaching sessions (either weekly or bi-weekly)

Integration coaching packages must be completed within 60 days from the date of the first session.

If participants are looking for a longer coaching engagement, they should consider Impact Coaching as an alternative.

## WHO IS IT FOR?

Integration coaching is suitable for any SIY Global program participant who wants to apply what they've learned with greater confidence and clarity.

## WHAT IS THE COST?

Integration coaching is US\$1,200 per participant.

## IMPACT OF COACHING

Coaching impacts not only the individual but also the organization as a whole.  
For example:

221%

return on  
investment.

\*International Society for  
Performance Improvement

#1

choice among HR  
executives for  
improving talent  
development

\* Bersin & Associates

99%

of companies that  
hired a coach said  
they were satisfied  
or very satisfied.

\*2020 International Coaching Federation  
Global Coaching Client Study

## SOME OF THE BENEFITS OF SIY GLOBAL COACHING INCLUDE:

- Increased motivation and a deeper sense of purpose by learning to align actions with values
- Cultivation of a calm and focused mind to support clarity in decision making
- Improved performance through building motivation, focus, and efficiency
- Enhanced self-awareness leading to sustainable change through understanding our internal thoughts, biases, and motivations and exploring how that translates into behavior
- Increased team effectiveness through an ability to create psychological safety so team members feel seen, heard, and feel a sense of belonging
- Development of skills to support overall well-being and positive engagement at work

**TAP THE POWER OF EMOTIONAL INTELLIGENCE FOR YOUR ORGANIZATION.**



**SIY**  
global

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