

## **My Philosophy**

I believe that emotional intelligence is an essential leadership skill that fundamentally impacts the success of a leader, team, and organization. Leaders deserve opportunities to develop and enhance their self-awareness and receive the support they need to effectively manage, lead, influence and create impact.

I encourage the client to take the lead in our coaching sessions because they are the expert in their life. I trust that each person is naturally creative, resourceful and whole and I believe that with support, accountability and the right tools, leaders can thrive in any situation.

I work from a lens that honours and respects diversity, inclusion, and equity and understand the complexity of the intersectionalities of our identities.

### **Who this is for:**

- Middle management and senior level leaders
- New & Emergent leaders
- Individual contributors

### **What's Included:**

**Preliminary Meeting (\*optional)** - this is an opportunity to meet with the potential client and stakeholders to:

- Clarify and set intentions
- Get agreement on goals, roles, expectations, and criteria of success or outcome
- Get agreement on length of engagement
- Establish the nature of the coaching relationship
- Discuss confidentiality

**Coaching Agreement** - You will receive an agreement to further clarify the coaching relationship, establish expectations, and outline logistical details. This is for information purposes and ensures we are both aware of our roles and responsibilities.

**Emotional Intelligence (EQ-i 2.0) Assessment & Debrief Call (60 min)** - this online assessment tool will act as the foundation for our work together. Once completed you will receive a 25+ page PDF report and we will have a 1-hour debrief to help you understand the results and create strategies to leverage your emotional intelligence and enhance your professional effectiveness.

**6 Hours of Coaching** - This is where we create real, meaningful change by exploring the habits, thoughts, feelings and behaviours that are affecting your professional growth and success. Coaching sessions are held over the phone at a cadence agreed upon by coach and client.

**Personalized Practices and “Growth-work”** - This will help you integrate new insights and learning and ensure you are making forward progress between sessions.

**Unlimited Voxer Text/Email Support** - This added bonus gives clients the opportunity to access Susan for on-demand coaching, accountability, and support.

Schedule a [Discovery call](#) today for details and to see if 1:1 coaching is right for you.

#### **About Susan**

Susan Crawford is the founder of [Meraki Inspired Coaching & Consultation](#). As a coach, she delivers a dynamic approach to personal and professional development with a focus on transformational leadership through emotional and positive intelligence frameworks.

Susan brings over 500 hours of individual and group coaching hours, 150+ coach training, and a range of experience gained from my work in the non-profit, government and academic sectors. She holds a Master of Social Work, a certificate in Adult Education, is a trained Co-Active Coach and certified Emotional Intelligence Assessor (EQ-i 2.0/EQ 360). Susan is currently pursuing certification with the International Coaching Federation to become a Professional Certified Coach (PCC).