

# No Excuses **WORK**out

*Performance Coaching for Busy Professionals*

## Get back into the learning game.

Too busy to keep growing?

Overdue to take your professional game to the next level?

Did you lose another year just coping?

You want to get back into the learning game. But you are busy. Bullied by your calendar. You want your contribution at work to make a difference. But you feel stuck. Trapped in ineffective patterns.

**Join me** in a high involvement coaching and peer learning experience. Expect structured, interactive dialogue, focused discussion, meaningful reading and resources, and one-on-one coaching. Be intentional about moving forward professionally. Though others hold us back and systems undermine our efforts, we will look at ourselves first. "No excuses."

### Your work matters.

Your contribution matters. Achieving your outcomes matters.

The laboratory for our learning will be the real life challenges you are currently facing. We won't use superficial techniques that impose simplistic answers on your complex situations. You know me. I don't work like that.

### I believe in you.

**Become more decisive.** Learn how to balance reflection and action across a spectrum of situations — *and attain an attractive and confident poise.*

**Become more strategic.** Master both proactive and reactive critical planning processes — *and gain a focused and balanced perspective.*

**Become more influential.** Learn to hold accountability and empowerment in creative tension — *and achieve results-oriented credibility and power.*

### What is involved.

- Monthly meetings as a peer group.
- Monthly coaching sessions one-on-one with Karl.
- Presenting a case study of a challenge you are currently addressing at work.
- Reading and reflections on assigned books.



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