

Helping Individuals and Organizations Build Great Relationships!

MARY O'NEILL

PERSONAL AND EXECUTIVE COACHING

As a personal and executive coach, Mary O'Neill is deeply dedicated to bringing individuals and organizations into alignment with their **values, visions and goals**. Her highly personal **1:1 coaching and team interventions**, focuses on helping clients develop and enhance the skills necessary to perform at their peak and lead better lives. This is goal oriented, time focused coaching.

REALIZE YOUR POTENTIAL!

Business professionals from all over the United States and Canada who have utilized Mary as a thinking partner, encourager, or confidant, have discovered that coaching helped them **gain tremendous personal and professional insights** and provided the edge desired to create extraordinary results in their lives and careers.

Achieve Specific Personal or Professional Goals!

Whether zeroing in on a **particular project or task**, or focusing on a client's **overall effectiveness** in present or future career responsibilities, or **addressing complex business or strategic issues**, - or simply learning to **create more balance** - coaching accelerates a client's progress by reinforcing strengths, targeting competency areas in need of improvement and providing greater focus and awareness of choice.

During the coaching process, Mary works with each client to **co-create a highly specific action plan** geared towards achieving desired results. **Jointly** you will **establish an agenda, clarify values, goals and objectives, brainstorm creative options, set do-able action steps and work at removing obstacles** to your success.

BENEFITS OF COACHING

In her coaching alliances, Mary helps clients:

- Maximize performance
- Integrate constructive feedback
- Develop insight
- Learn new skills
- Improve interpersonal skills
- Increase accountability
- Clarify and achieve goals
- Brainstorm ideas and options
- Manage change
- Reduce stress
- Resolve conflict
- Develop strategies to meet goals
- Devise do-able action plans
- Develop follow through
- Maintain consistency
- Develop accountability

STAY ON TRACK, KEEP MOVING FORWARD!

To stay on track and keep moving forward, Mary utilizes a variety of personality and behavioral **assessments and breakthrough processes** to help clients abandon outmoded ways of thinking and practice new ways of behaving.

In designing the coaching agenda, Mary may use some of the following **assessments*** to provide invaluable feedback and **identify untapped potential**. Each can be extremely useful in uncovering blind spots and formulating goals:

- **Myers-Briggs Step II (MBTI FORM Q STEP II)**
- **FIRO - B**
- **BarOn EQ-i**
- **Spectrum CPI 260 Coaching Report**
- **360 Feedback Inventories**

OVERCOME OBSTACLES!

In addition to **identifying, clarifying and aligning** with what clients want to achieve, an equally integral part of coaching process involves troubleshooting - learning how to **overcome the inevitable obstacles that can stand in the way** of achieving desired goals.

Mary's **two decades of experience as a licensed psychotherapist** and marriage and family counselor, enables her to easily grasp even the most complex relationship issues and facilitate a dynamic learning experience. She is masterful at creating an **open, safe and supportive environment** in which clients can discuss real life concerns.

Mary's natural ability to easily connect and establish rapport with individuals of different ages, gender, cultures and ethnic backgrounds – all with varying personalities, experiences and work styles – lends itself to the development of a trusting relationship, encouraging everyone with whom she works to **stretch and take the risks needed to change and grow!**

COACHING PAYS BIG DIVIDENDS!

Did you know that ...

a ten year study conducted by the AMOCO Corporation demonstrated that executives who received coaching, on average, had salary increases which were 50% greater than those executives who did not receive coaching?

Payment Options:

Mary accepts **checks, VISA, Master Card and American Express**

An initial commitment of 3-4 months is the minimum desirable arrangement.

Coaching sessions are paid for in advance.