

The Investment

We know in theory that investing in the leadership of your organization is a worthwhile endeavor but it doesn't always feel as urgent or necessary as funding an initiative that you feel is (and that donors see as) directly tied to your mission and vision.

However, NOW, more than ever, board of directors need to think about and invest in the sustainable growth and development of their organization's leaders. Navigating unprecedented changes, competing priorities, and continued stressors are leaving passionate mission focused leaders exhausted, overwhelmed and on the verge of burnout. This depletion of energy gets transferred to the teams they lead and ultimately the impact the organization can make.

The Why

Weekly coaching creates a container for leaders to exhale and process in an ongoing and meaningful way. A recent study conducted by a Fortune 500 company, found that Executive Coaching produced a 788% ROI. The study noted that excluding the benefits from employee retention, a 529% ROI was produced. (Executive Briefing: Case Study on the ROI of Executive Coaching, Merrill C. Anderson, Ph.D., MetrixGlobal, LLC)

Leadership conferences, webinars, and books are helpful to a certain extent, but it is the integration into one's leadership praxis that coaching supports. It bridges the gap between knowing how to be a great leader and being a great leader.

As a result of my coaching, organizational leaders are navigating change with more ease and joy. They are gaining more clarity, confidence and energy to lead authentically and empowered. When leaders intentionally work through internal roadblocks they open the door to breakthroughs that produce powerful ripple effects.

Typical Cost

Corporations invest in executive coaching at the upward rate of thousands of dollars per session, because they know the high cost of ineffective leaders. The average price per session for executive coaching is \$500/hour.

The Offer

SPL coaching offers a six month coaching engagement at an accessible rate that empowers focused leaders to move from exhaustion and overwhelm to clarity, joy, and sustainable energy.

When your organization is being led from a place of empowerment and joy vs. exhaustion and fear, then productivity, morale, and impact will improve. I can guarantee that employees will take an authentic, conscious, and effective leader over a pizza party and coffee bar to address organizational stress levels and burnout. It is a smart and strategic investment.

Meet the Coach



Sonya, founder of SPL Coaching, is a change expert and certified leadership coach. She has been working with mission focused leaders for over 20 years. She holds a masters in Learning and Organizational Change from Northwestern University where she discovered the power of professional coaching. Her coaching practice draws on years of leadership development experience, the neuroscience of how the brain and body respond to change, emotional regulation, and identity development - which are all necessary to creating sustainable transformation. She is committed to supporting the change agents of the world with tools, practices, and energy in their leadership so that they are equipped to create healthy workplaces and lasting change.