Impact Coaching

OVERVIEW
Stanford Executive Program (SEP) isn’t just about learning. It’s about doing. And doing is often the hardest part of all. That’s why we support SEP participants with access to a full year of executive coaching. 26 hours of one-on-one virtual sessions with expert coaches will empower and motivate you to achieve positive, long-term behavioral changes—in yourself, your team, and your organization.

LEADERSHIP COACHING ON YOUR TERMS
SEP is partnering with BetterUp to provide you with the highest-caliber coaches trained in SEP curriculum and a technology platform that gives you anytime, anywhere access—across time zones and languages—when you return to work.

Your personally selected coach will collaborate with you on an ongoing basis—during and after your on-campus experience. You’ll have a strategic sounding board, thought partner, motivator, and listener in your corner to increase your accountability, provide guidance, and offer real-time feedback as you put SEP learning into action.

Stanford Executive Program Coaching is focused on:
- Action: Research shows that coaches are instrumental in helping executives like you turn intentions into impact
- Context: Coaches have a thorough knowledge of the SEP curriculum and reinforce specific SEP frameworks and lessons where appropriate
- Flexibility: You choose the time and frequency that fits your schedule (30 minutes every week or 45-minute bi-weekly sessions)
- Choice: Select your coach based upon location, experience, personal style
- Access: Virtual sessions via phone, Face Time, or Skype, plus text chat, allow you to connect with your coach anytime, anywhere

DETAILS
- 26 hours of one-on-one coaching for up to one year
- A dedicated coach who is also an expert in SEP content to help integrate and implement key ideas
- Unlimited messaging with your coach
- A 360° in-depth leadership assessment
- Group coaching session on campus
- No additional cost, included in your SEP program fee

CONTACT
Questions? Contact Ryann Price at sep@gsb.stanford.edu.

For more information, or to apply to the Stanford Executive Program, please visit gsb.stanford.edu/exec-ed/sep.
“Stanford is leveraging academia and business and finding the blend, and bringing together a very diverse set of people to provide a really rich learning experience.”
Saura Naim | Senior Director | Juniper Networks

**STANFORD EXECUTIVE PROGRAM COACHING TIMELINE**

**PRE-SEP** (Post-admittance – June)
- 360° in-depth leadership assessment
- Personal coach selection process

**DURING SEP** (June – August)
- 1:1 virtual coaching begins, focused on 360° results and SEP curriculum
- Group coaching session on campus
- Share 360° results with coach

**POST-SEP** (August – Beyond)
- 1:1 virtual coaching continues at your office
- Coaching concludes after 12 months or 26 hours of 1:1 sessions

“Coaching facilitates impact beyond the program, more than just the classroom curriculum alone. Coaching is an opportunity for participants to personalize their SEP experience and to receive expert advice and feedback on individual goals and action learning plans.”
Bill Barnett | Faculty Director, Stanford Executive Program