



# Leadership Growth & Performance

## EXECUTIVE COACHING

### The Business Challenge

In high-pressure roles, leadership effectiveness often degrades quietly. Signals include reduced strategic focus, reactive decisions, elevated cognitive load, and time lost to firefighting. By the time this is visible, the cost is already high.

### Coaching Purpose

This 1:1 executive coaching program strengthens leadership performance, decision-making, and capacity under pressure for senior professionals in complex roles. It is a proactive leadership development investment.

### Organisational Benefits

- Increased effectiveness in critical leadership roles
- Greater stability of performance under pressure
- Improved retention of high-value professionals
- Lower downstream costs associated with disengagement or replacement
- Positive leadership modelling that strengthens organisational culture

### ABOUT THE PROGRAM

#### Structure

- Adaptive, structured approach
- Direct application to real leadership challenges
- Practical tools applied in-role
- Grounded in leadership development, performance psychology, and applied neuroscience

#### Outcomes

Improved executive presence, decision quality under uncertainty, emotional intelligence, strategic focus, sustainable leadership energy, and clearer performance-protecting boundaries. The result is steadier, more precise leadership with greater impact.



**Dex Randall** is a leadership performance coach specialising in leadership under pressure, supporting sustainable high performance in demanding roles.