

## **Words of Determination**

decided this was the year of change, to define what change was going to mean to me and how I was going to make this change my big win.

This decision meant embarking on an adventure that I had yet to experience. I set out determined to make it great!

I challenged myself and set some of my biggest goals yet. These goals almost seemed out of reach which stretched my comfort zone.

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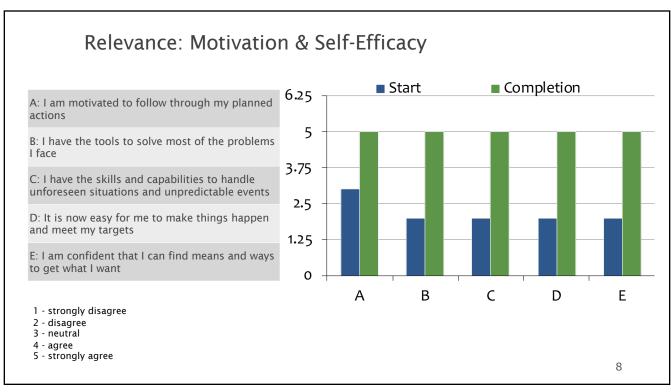
### **ROI Goal & Results**

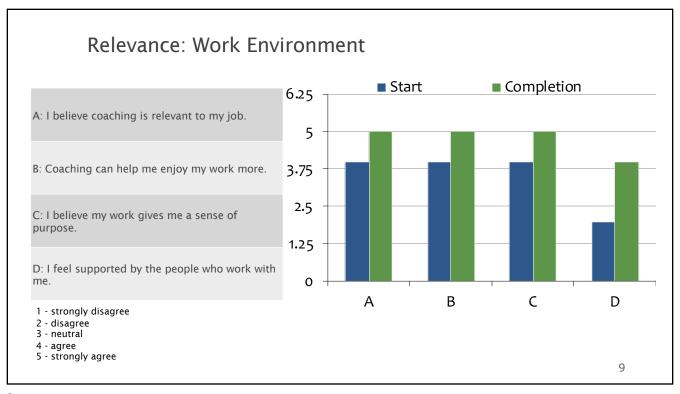
Achieve Retail Centre of Excellence - From #6 in the region to #1.			
Revenue Target	\$1,750,000		
Revenue Target Stretch Goal	\$1,850,000		
Projected COGS	\$338,000		
Projected Profit	\$1,512,000		
Revenue Achieved	\$1,851,500		
Actual COGS	\$297,300		
Actual Profit	\$1,554,200		
+ / - Target	\$42,200		
Estimated % of the improvement with coaching	80%		
Monetary gain as a result of coaching	\$33,760		
Investment in Leadership Coaching	\$7,592		
Return on Investment with Coaching	345%		

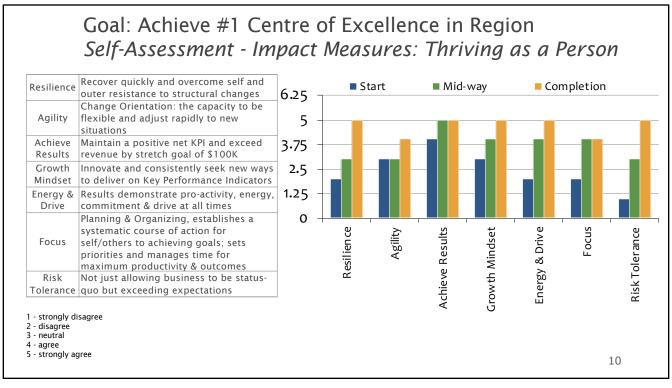
<sup>\*</sup> ROI results are actual, revenue specifics are fictionalized to preserve coachee & organization's identity.

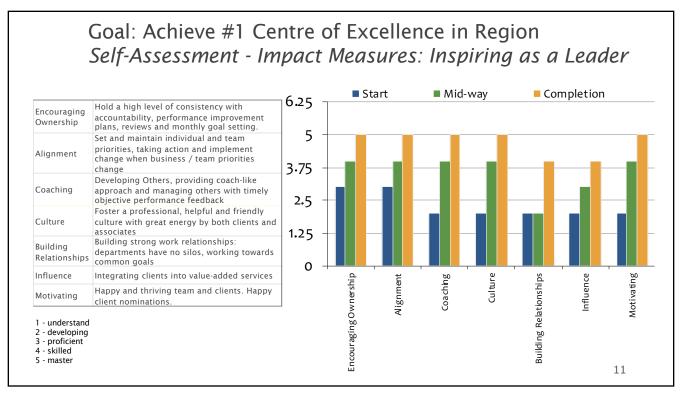
ROI Methodology from Lisa Ann Edwards' Coaching with ROI Program: https://coachingwithroi.com/

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#### Goal: Achieve #1 Centre of Excellence in Region Summary Impact Measures

Strength	Start	Mid	Completion
THRIVING AS A PERSON			'
Resilience	2	3	5
Agility	3	3	4
Achieve Results	4	5	5
Growth Mindset	3	4	5
Energy & Drive	2	4	5
Focus	2	4	4
Risk Tolerance	1	3	5
INSPIRING AS A LEADER			
Encouraging Ownership	3	4	5
Alignment	3	4	5
Coaching	2	4	5
Culture	2	4	5
Building Relationships	2	2	4
Influence	2	3	4
Motivating	2	4	5
AVERAGE	2.36	3.64	4.71
% INCREASE FROM PROGRAM START	-	154.5%	200.0%

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#### **Program Highlights**

- Coachee self-selected as a leader of change
- Barriers were overcome consistently and ahead of planned schedule
- Targets exceeded on financial and impact goals
- Coaching ROI achievement of 345% ie. for every \$1 spent on coaching, \$3.45 are regained
- Strengths-based impact measures increased 200% from start of program
- · Next phase in self-development: Strengthen Focus, Building Relationships and Influence

Contact: Lucy Shenouda lucy@fosteressence.ca to arrange a strategy session.

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# **Words of Appreciation**

Hiring a coach was the best investment Lever made. I broke through barriers and accomplished these goals, many ahead of schedule.

All of this work harvest(ed) enough excellence to obtain contender status as Centre of Excellence #1 out of 9 in my region.

