

Alex: Overcoming overwhelm in leadership

Assessment:

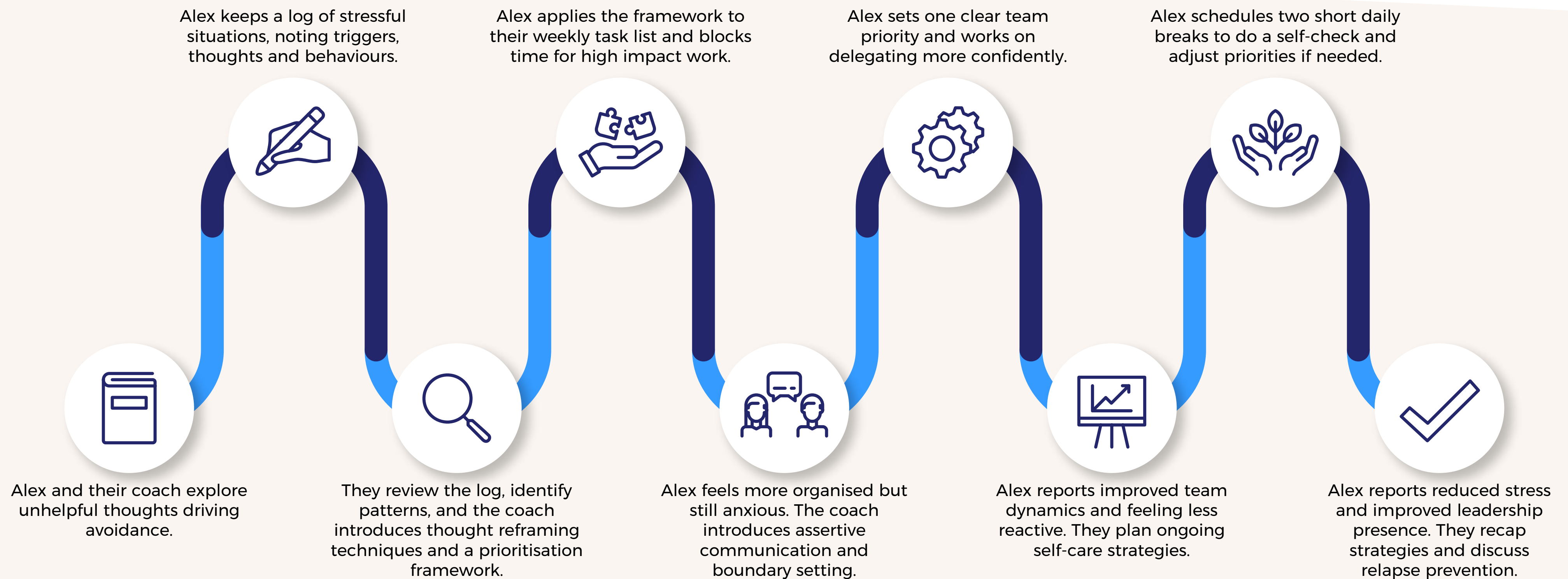
Alex feels exhausted and frustrated by competing priorities, leading to stress, avoidance and irritability. They're worried about burnout and feel disconnected from their role. After the assessment, Alex identifies some real work scenarios to explore in coaching.

Treatment goal:

To manage competing priorities effectively and lead the team with confidence and composure, without withdrawing or avoiding responsibilities.

Real-life
practice

Sessions
with the
coach



Outcome: By the end of the sessions, Alex feels capable of managing competing priorities without burnout. Alex's and the team's confidence and their relationships with each other have strengthened, and they report feeling aligned with their roles again.