

Coffee with Dr. J

COACHING CONVERSATIONS  
THAT MAKE  
A DIFFERENCE



# COACHING THAT **MAKES A DIFFERENCE**



**“A coaching session with Dr. Johnston is like sitting down to a cup of coffee with a friend but more than a friend... someone who understands and encourages you where you are, but also equips you to move ahead personally and professionally.”**

Dr. J's experiences as a counselor, leader, and educator prepare him to connect meaningfully and personally with his clients and to provide the insight, encouragement, and good counsel they need to walk through difficult times or step into their fullest potential. A coaching relationship with him is not a “one-size-fits-all” proposition; it's personalized and tailored to help clients develop their own capacity and achieve their individual goals. It's a powerful lever for growth and a personal competitive advantage for men and women rising to the charms and challenges of their roles.

Because clients and their needs vary, the nature and direction of coaching relationships with Dr. J do too. You can target the outcomes that matter most to you and utilize coaching to...

- Step up to challenges or opportunities that are coming your way
- Tune up or turn up the skills and abilities that will distinguish you
- Fill-in gaps in your knowledge or ability, and polish lesser skills
- Navigate important personal or professional transitions
- Manage or make the most of important relationships
- Explore the boundaries or balance required to fit your life into your life
- Master yourself and maximize the talents that will define your personal brand of leadership
- Refine your communication and interpersonal skill
- Discover the hurdles and hacks that will shape your path forward
- More