THE LOW ACHIEVER

NEURODIVERGENT EXECUTIVE LEADERSHIP COACHING PROGRAM



Program Overview

Individualized, Neurodiversity-Informed Leadership Development

This three-month executive coaching program is designed to strengthen leadership effectiveness, communication, and performance through an individualized, neurodiversity-informed approach.

Unlike traditional leadership training, this program recognizes that effective leadership strategies are not one-size-fits-all. Through collaborative coaching, participants develop and refine approaches that build on their strengths, accommodate differences in how they think and work, and support the demands of senior leadership.

Coaching provides a confidential space to explore real workplace challenges, strengthen self-awareness, experiment with practical strategies, and build sustainable leadership practices.

Program Objectives and Intended Outcomes

By the end of the program, the participant will have worked toward the following objectives:

1. Strengthen Leadership Communication and Accountability

Develop greater confidence and effectiveness in delivering constructive feedback, navigating challenging conversations, establishing expectations, and addressing performance concerns.

2. Enhance Team Leadership and Collaboration

Explore approaches to supporting, motivating, and holding team members accountable across diverse communication preferences, working styles, and individual needs.

3. Strengthen Executive Communication and Influence

Develop strategies for communicating effectively with senior leadership, advocating for productive working conditions, navigating differing communication expectations, and building collaborative professional relationships.

4. Improve Executive Functioning and Decision-Making

Identify and experiment with individualized approaches to prioritization, task initiation, transitions, decision-making, and follow-through that support sustainable executive performance.

5. Develop a Sustainable and Authentic Leadership Approach

Strengthen awareness of personal leadership strengths, values, and development opportunities, culminating in a practical plan for continued professional growth.

Program Structure

Duration: Three months
Coaching sessions: 10 individual sessions of 60 minutes each
Delivery: Virtual, with flexible scheduling

The coaching engagement will progress through three broad phases:

1. **Discovery and Direction**

Clarify leadership priorities, identify strengths and challenges, establish development goals and indicators of progress

2. **Exploration and Application**

Explore real leadership situations, strengthen awareness, develop and test individualized strategies

3. **Integration and Sustainability**

Evaluate learning, refine approaches, consolidate insights, and identify ongoing leadership practices

Session frequency can be adjusted throughout the program to support learning, implementation, and scheduling needs, including flexibility around the holiday season.

The program is intentionally flexible. Development objectives provide direction, while individual sessions remain responsive to the participant's evolving priorities and immediate leadership challenges.

Included Services

- Ten confidential, individual 60-minute executive coaching sessions
- Collaborative identification of development goals and progress indicators
- Tailored exercises, reflection prompts, and relevant resources as appropriate
- Opportunities to practice and refine strategies using real workplace situations
- Midpoint and final reflection on progress and learning
- Development of a personalized plan for continued leadership growth

Confidentiality

Coaching is a confidential professional development relationship conducted in accordance with the International Coaching Federation's ethical standards.

Individual coaching conversations, personal disclosures, and session details will not be shared with the sponsoring organization without the participant's explicit consent, except where legally required.

Program objectives and administrative information may be shared for learning and development approval purposes, as agreed with the participant.

Program Investment

The total fee covers the complete coaching engagement as outlined below.

Format	Description	Sessions	Fee
Virtual 1:1	Three-month Executive Leadership Coaching Program, including 10 coaching sessions and supporting resources	10 x 1 hour	$2,200
		HST (13%)	$286
		TOTAL	**$2486**

Payment can be made by EFT or by Credit Card via PayPal. Payment within 30 days of invoice receipt. HST# 700355340

About the Coach

Gillian Forth, ACC is the founder of The Low Achiever and an ICF credentialed coach specializing in neurodiversity, workplace performance, leadership development, and inclusive organizational practices.

With over five years of experience supporting neurodivergent professionals, managers, and executives, Gillian brings a combination of professional coaching expertise, workplace consulting experience, and lived neurodivergent perspective to her practice.

Her approach emphasizes collaborative exploration, strengths-based development, and strategies that work for the individual rather than requiring the individual to conform to conventional approaches.

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NEURO-INCLUSIVE WORKPLACE SYSTEMS
CONSULTING & COACHING