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applying
behavioral science
to enhance
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5 Ways Executive Coaching Can Reduce Isolation

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It's lonely at the top. Executive coaching is an additional resource you can use to lessen your sense of isolation and channel your strengths most effectively. Here are five ways a coach can help:

1. You need to stay abreast of a thousand moving parts, and it can feel impossible to know which ones are truly the most essential. An executive coach can help you sort through everything on your plate and figure out the best way to prioritize tasks, while making sure that you take the time to engage with staff.
2. Knowing the strengths and interests of your staff is key to building a relationship with them. A coach can help you solicit this information and use it to foster a stronger connection with your people.
3. You're always under scrutiny and no matter how hard you try some people will still take pot shots at you. Some leaders withdraw in order to lessen their visibility and increase their sense of privacy. Others become angry and defensive. These reactions (while completely human) potentially increase your isolation. A coach can guide you to a more productive response.
4. Your people may feel the need to minimize or hide bad news. Sometimes it's just a one-off occurrence – that's isolating enough. But for some employees this is their work-style. They're afraid of sharing bad news and they much prefer to fly under the radar. Again, that's isolating. A coach can help you foster a culture in which mistakes can be discussed and learned from.
5. As a leader, everybody wants a piece of you. Everyone has expectations of you - whether they're realistic or not. You'll burn yourself out if you try to be all things to all people. Working with an executive coach, you'll learn ways to set limits and say "no" without going overboard or alienating others.