



GETTING STARTED GUIDE

ACCELERATE YOUR IMPACT

High-performing healthcare leaders are seeking ways to take their teams and their organizations to the next level.

Whether you are an executive leader, a clinical leader, or a leader in Human Resources, MEDI Leadership partners with you and your teams to elevate your leadership experience.

MEDI Leadership as a Catalyst

- > A proven path for leadership transformation, the **MEDI Method** is designed to assimilated data and feedback, allow for reflection, and drive real-work application and support.
- > **MEDI Leadership coaches** bring the perfect blend of leadership coaching and healthcare leadership experience to challenge and support your growth as a leader.

Better results, faster. Choose from:

- > **Executive coaching:** one-on-one leadership engagements
- > **Team coaching:** working better together
- > **Cohort-based coaching:** raising the bar for leadership across your organization

FAQs

Q: I'm not sure what to list as coaching goals. Can I still start?

A: Yes! Your coach will work with you to review data from assessments and experiences to help you define your goals.

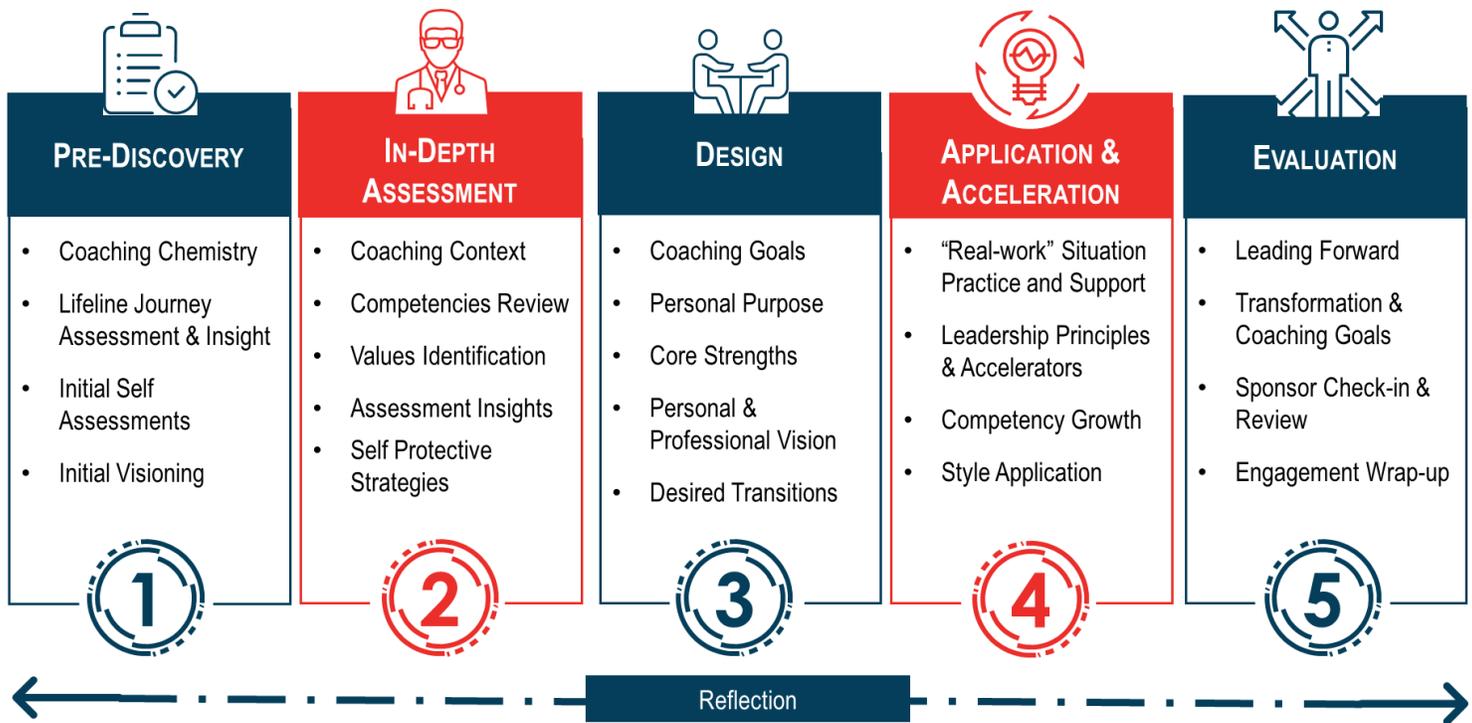
Q: How do I know if I'm ready?

A: If you are interested in taking your leadership to the next level, then you are ready!

Q: How will I know I have the right coach?

A: Your coach will be carefully matched and based on coaching and healthcare experience and coaching chemistry.

MEDI Method™



Your coaching experience will be most beneficial to you and your team when you:

- > **Live in Truth:** embrace authenticity, however vulnerable you may feel
- > **Challenge Self:** ask tough questions, listen to difficult truths and learnings
- > **Observe:** behaviors and communications of others
- > **Listen:** to intuition, assumptions, judgments, and the way you sound when you speak
- > **Engage in Self-Discipline:** challenge attitudes, beliefs, and behaviors; and develop new ones
- > **Utilize Style:** leverage personal strengths and overcome limitations to develop your winning style
- > **Lead through Decisive Actions:** however uncomfortable to reach for the extraordinary
- > **Show Compassion:** for yourself as you grow and for others as they do the same
- > **Leverage Humor:** commit to not take yourself so seriously, use humor to lighten situation
- > **Cultivate Self-Control:** maintain composure while facing unmet expectations, avoid emotional reactivity
- > **Be Brave:** reach further, engage in continual self-examination, and overcome obstacles

Adapted from International Coach Federation

Let's start a conversation about the benefits of coaching for you and your healthcare organization.
Call us at 904.543.0235.