

## A Context for Architecting Power & Potent results

### Impact

Coach Sheridan Pollock offers C-Suite Executives and Entrepreneurs an acute lens on the underlying gear changes required to effect actual change and sustainable mastery both in and out of their office.

Often her high performing business clients refer their special partners, colleagues and family into the coaching space where an integrated and experienced coaching lens powerful provokes relief and results.

Both rigour and humour are at the core of Sheridan's deep and granular style of engagement: straight and accurate talk combined with a very warm, significantly intuitive and tenaciously, supportive approach to bottom-line improvements in one's space.

"Deep relief and a sense of actual bankable achievement is infectious in the best possible way, Sheridan says. "Establishing coherence for improved ease and performance is not for those sitting on the 'fence of need' This work requires a hunger to want more and better, and requires the grit and humility to accurately explore how we really do get in our own way and how to embrace the exact new or more consistent behaviours and narrative that will bring powerful and positive changes for us.

Over the last 5 years I've noticed that It's not enough to use fear, a sense of obligation or a notion of discipline to achieve performance; once we start to integrate what we are up to in life with what is most true for us, we begin to architect our professional and personal behaviour to align with this, and actual ease of success begins to be tangibly available. "

Working with a powerful lens on the Coherence levels of her client, Sheridan brings accurate visibility to areas where more potency is in fact, available for both them and those around them.

"My clients are required to have the commitment to really 'pitch up' to look across the dynamics of their life to hunt for upside" Sheridan explains. "With a layered and phased approach, a program period of 4.5- 12 months is required to actually achieve integrated vs. sporadic, excellence. "

All programs are inclusive of powerful Coherence Distinctions as live tools to power up an individual and the impact they make in their delivery, leadership and all relationships. A new definition of excellence is established and authentic standards are raised.



## POWERFUL LEADERSHIP INCUBATORS FOR POTENT PERFORMANCE

DO YOUR KEY TEAMS / PARTNERS NEED TO RE-ALIGN  
TO POWER-UP YOUR DELIVERY?

THRIVE IN A DISCREET & ACCURATE COACHING CONTAINER

EMPOWER PARTNERSHIPS / LEADERSHIP WITH SMART-FRAMEWORKS

GAIN POWERFUL ACCESS TO POTENT NEW PERSPECTIVES

CLEAN UP THE LOOSE-ENDS THAT WATER DOWN YOUR STRENGTHS

LEVERAGE YOUR BLINDSPOTS, EARLY

LOCK-IN PRACTICAL & SUSTAINABLE RESOURCES



### Experience

Having enjoyed 20+ years of Integrated Executive coaching, Sheridan works with a professional & bespoke base of Global Entrepreneurs, Executives and each of their respective reports and valued partners and family.

Trained within an Integral Approach through the UCT Graduate School of business, Centre for Coaching, Cape Town & New Ventures West, San Francisco in the USA, Sheridan draws on a rich resource from a multitude of theoretical and body based models, practices and philosophies.

Sheridan's ©Catapult your Coherence Methodology acts as a powerful and potent framework for her Entrepreneurs and Executives to realize high levels of professional excellence & delivery as well as significantly more personal ease and actual fulfilment.

Her specialized

- Retainer 12 month coaching programs
- Guest Speaker
- Luxurious North Coast of Natal breakaway Incubators

All offer an opportunity for high functioning Entrepreneurs and Executives to emerge themselves in a ground breaking coherent challenges and processes, to really identify and choose what ingredients are going to make it all worth-while for them, as they punctuate their careers and businesses as strong components of their more meaningful lives.

### Methodology

*The Cornerstones of a Coherence Framework*

#### Identifying an actual Compelling Reason

Sheridan strongly advocates an accurate enquiry into establishing a compelling enough reason for growth. This distinction acts as an unconscious originator and brings significant impetus to all that her clients commit to. When refined, this dynamic lens establishes a powerful and on-tap upregulated motivation.



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## Methodology

### The Cornerstones of a Coherence Framework (Continued)

#### Leveraging with Spaciousness

Insistent on a marked increase in her client's sense of spaciousness in their lives, Sheridan includes a mindfulness component that asks of entrepreneurs, executives & their special persons to stretch beyond their comfort zones. This hugely beneficial and parallel component of each and every coaching program is applied with in an integral approach as 'not one size fits all' Models and modalities are issued that sync in with each client's specific lifestyle and character profile to ensure sustainability of new narratives, habits and improved or newly acquired competencies.

#### Ensuring Alignment & Adherence

The Alignment and Adherence models that I have excellent results with, are the coaching bedrock of new and complete strategies for clients; these are critical to establishing professional and personal coherence", says Sheridan, "Clients enjoy dynamic, comforting and incremental coaching models to architect aligned map of the what is to come next .The addition of a supportive Adherence model for sustainable results is then added as a game changer.

#### Scanning for Celebration: Establishing what 'enough' is

Sheridan advocates that a powerful coaching program pivots around defining that which will bring rich and rewarding quality to a clients process, instead of just an eventual outcome.

"Life is short. Time and high-quality opportunities and people are worthy of our presence. "Sheridan says," I am passionate about encouraging my clients to anchor a notion of what' enough' is incrementally in their professional and personal lives, so that there is a regular release and a sense of receiving celebratory experiences along the way.

The idea of 'one-day-when' is skillfully deconstructed and re constructed, using my Alignment and Adherence models. "The truth is that when we define success in increments, we sustain growth and results much further over time, so much so that often can supersede any goal we hoped possible. This is really, very potent and privileged work "



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EXECUTIVES & ENTREPRENEURS BUILDING POTENT COHERENCE  
MASTER COACH SHERIDAN POLLOCK  
MAKING LIFE COUNT

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