

STERLING CONSULTING

Coaching for High Impact Leaders

"Emily Sterling is the one you call when you see too much opportunity and you're overwhelmed by it. She is our go-to when we have a very complex situation or uncharted territory that we're heading into and we need somebody who can zoom all the way out to help us figure it out, and then also get into weeds, guide us or actually lead us, to the place that we need to go."

- Executive at \$500m Foundation

High-Impact Support for Leaders

All leaders, at some point, benefit from a trusted and knowledgeable advisor to help them through turbulent times, or periods of rapid and intense learning. Their goal: to achieve great results for their organizations, the people and communities they serve, and for themselves.

At Sterling Consulting, we have fulfilled this role with board members, executives, and leaders for more 30 years. We thrive on turning your biggest, most complex challenges into clear opportunities for bold action and deep learning. We are skilled at supporting you in finding effective solutions. We help you elevate your vision for the positive difference you want to make in the world, and help you create impactful, tangible steps to achieve it.



Contact

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Our coaching clients become more confident, capable, and credible as we work together on:

Increased confidence amidst ongoing change and complexity

Effective board/staff partnerships

Enhanced clarity, priorities and effective time management

Embodying authentic leadership

Navigating complex interpersonal or political dynamics

Solid decision making

Increased capacity to see and explore options in complex situations

Greater sense of agency and choice

Clarity on preferred culture and steps to enhance it

Balancing long term vision and short term execution

Achieving balance of delegating and ensuring accountability

Relationship to power, inclusion, and collaboration

Cultivating the mindset for optimal success

Mindfulness techniques

Enhanced personal resilience

Increased self-understanding and emotional intelligence

Each year, we offer a limited number of one-on-one coaching opportunities for leaders that would benefit from flexible, ongoing support. We approach these engagements as a partnership, placing your goals and needs at the center of how best to use the time. We understand that you are exposed to a constant stream of often unpredictable and unplanned-for challenges and with our depth of experience we can offer advice and expertise when you most need it, partnering alongside you as you work through the challenges and make best use of opportunities.

To explore or begin, contact
Emily Sterling below

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