

One-to-One Leadership Coaching

Create a confidential thinking space in which leaders can find clarity, examine assumptions and choose purposeful action.

Leadership can be demanding and surprisingly lonely. Coaching gives leaders space to step back from immediate pressures, hear their own thinking and make deliberate choices about how they want to lead.

Christina combines generative attention with appropriately challenging questions. The leader remains the primary thinker and develops answers grounded in their own context, values and responsibilities.

Who it is for

- New and transitioning leaders
- Experienced leaders navigating complexity
- Leaders facing difficult people or stakeholder challenges
- Leaders preparing for important conversations
- Leaders considering their next career or leadership chapter

How clients experience coaching

Each session gives the leader sustained space to think aloud without being rushed towards an answer.

The coaching process helps the leader notice what matters, examine assumptions, consider fresh possibilities and decide what action they want to take.

Learning outcomes

Through coaching, leaders will be better able to:

- Clarify the leadership challenge or decision they want to work on.
- Notice assumptions, patterns or competing priorities that may be shaping their choices.
- Consider fresh perspectives and possible ways forward.
- Prepare more intentionally for important conversations and decisions.
- Choose purposeful actions that are grounded in their own context, values and responsibilities.

The Fernestra approach

Coaching at Fernestra is grounded in careful attention, independent thinking and purposeful action. Christina listens without taking over the thinking, asks questions that deepen reflection and helps leaders notice assumptions and choices, while leaving ownership of the answer with the leader.

Grounded in real work

Participants will bring their present issues (personal or workplace situations), reflect on what they are noticing and leave with practical actions, conversations or experiments they can apply after the session.

Fees

S\$500 per 60 mins segment

A corporate-sponsored engagement may include an initial sponsor-alignment conversation, agreed coaching objectives and a closing review that respects coaching confidentiality.

Assessments, formal written reports, additional stakeholder interviews and 360-degree feedback tools are quoted separately.

Interested in this programme?

Talk to Fernestra about your team, context and what you would like to achieve.

hello@fernestravorks.com