



Executive & Personal Coaching -

As many organizations are searching for ways to remain competitive in our ever-changing world, so are individual professionals. Executive coaching has become a huge market where RAC's affiliates (like Blue Fox Solutions) apply proven methods of personal development with measurable results for the individual coaching clients they serve to help them achieve balanced lives.

Working with people for an extended period of time on both personal and organizational issues makes our process an exceptional foundation for an individual coaching relationship.

Many people believe that hard work and doing it on their own are the keys to finding the quality of life, success, money or happiness that they seek. They believe that a price must be paid to attain what they want and often that price is poor health, not having enough time to enjoy life, strained family relationships, and lessened productivity. The saddest part is that, even though this effort may result in more of something, it is often not the "something" they had in mind.

Athletes and performers know about this trap. They know that they need someone else, a "trained" someone else, to help them set goals, discover real needs, and work effectively toward excellence, and they are willing to invest in a coach or a teacher. No serious athlete or musician would expect to progress very far without one.

The RAC processes used by Blue Fox Solutions help individuals to achieve excellence and balance in their personal and professional lives.



Results clients have achieved include:

- Better goal setting
- More balanced lives
- Lower stress levels
- Increased confidence
- Improved quality of life
- Enhanced communication skills
- Improved health or fitness levels
- Better relationships with co-workers
- Better family relationships

Personal Comments -

- “This course made me very aware of myself!”
- “The course was everything, and more, than what I had hoped for. More importantly, however, it was your professionalism, and integrity to the principles of the course, that had an even greater impact on it's success.”
- “This is something that I have not seen done in all my previous leadership training programs. It of course goes without saying none of this fine material would work without your effective and thoughtful presentation. Your knowledge of the literature and real world experience added a real depth and texture to the presentations.”
- “I found it a very positive and personally rewarding experience.”
- “These days it's rare to have an outside consultant exceed the expected results, however, your coaching has done just that.”
- “The material is relevant and succinct, but more importantly highly energizing and engaging.”
- “Your one-on-one coaching and facilitation skills have provided me the needed direction that I required to meet my growth objectives.”

“As your personal executive coach, my mission is to partner with you to help you learn and develop the attitudes and skills necessary to achieve the dramatically improved results that you desire both personally and professionally.”

- Paul N. Smith, Ph. D.



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