

CAPABILITY STATEMENT

KATHERINE GYOLAI LLC

Individual and team coaching



COMPANY OVERVIEW

As an individual and team coach, I help my clients achieve the personal and professional growth they desire. As coaching is a forward-looking process, we start from where they are today and identify where they want to go. Then, through a series of probing, open-ended questions, I help them set short- and long-term goals, and create milestones with defined success measurements and deadlines.

As an active, empathetic listener, I help my clients identify their limiting beliefs and reframe the thought patterns that hold them back. My clients consistently experience breakthroughs that lead to improved outcomes, new habits and behaviors, and transformative mindset shifts.

SERVICES



INDIVIDUAL COACHING

My individual coaching program helps executives, leaders, and business owners make smart decisions more confidently, consistently, and effortlessly. Programs are tailored to meet the individual's personal and professional goals.



TEAM COACHING

My team coaching programs are designed to increase employee engagement, improve team communication and empathy, and optimize productivity and effectiveness.

DIFFERENTIATORS

- Woman-owned small business
- ICF-ACC certified coach
- Gallup CliftonStrengths facilitator
- Decades of marketing and branding experience
- Senior leadership roles at multiple Fortune 500 companies

PAST PERFORMANCE

AGENCY	PROJECT
General Mills	Individual and team coaching
O'Hara Interiors	Business owner, individual and team coaching
ErgoWorks	Business owner, individual, and team coaching
InControl	Business owner coaching

PSC

- U009:** Education/training - General
- U099:** Education/training - Other
- U002:** Education/training - Personnel Testing
- R499:** Support - Professional: Other

NAICS

- 611430:** Professional and Management Development Training
- 541611:** Administrative Management and General Management Consulting Services

CONTACT

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