



# V1 Coaching

*William A Howatt*

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## **V1 Coaching** William A Howatt

V1 Coaching supports the executive coaching process developed by Vision Coaching Inc. At the centre of the process is the Q-4 model that highlights the four critical parts that impact the effectiveness of a coaching session. The needs of the person being coached determine how much time and energy are spent in each of the four quadrants. The topics presented in this book are designed to be used as lessons within the coaching process. Coach and client will pick chapters that are relevant and that support the client's development plan. Each of the book's 15 chapters is designed to be standalone. It is common for a client to read a chapter prior to their assigned coaching session. The client and coach determine how much time, energy, and focus will be put forth on a defined topic during a coaching call. When a client has identified a leadership core competency development issue, coaching can focus on a discussion on things to consider to improve it.

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