



# O'BRIEN GROUP'S EXECUTIVE COACHING

THE ADVANTAGES FOR YOU



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Executives leading high-caliber health systems are expected to be top performers. The everyday pressure of maintaining operational efficiency, coordinating diverse teams and managing budgetary constraints – all while continuing to deliver exemplary service – requires steady, confident leadership.

Even top performers must continue improving their leadership skills to keep up with dynamic changes occurring within the healthcare industry – but rarely is there time for executive leadership to put daily operations on hold and examine the ways they could lead more productive meetings and better manage their teams.

At the O'Brien Group, we give CEOs and their teams the tools required to move from "good" to "great." We do this by working with executives in the boardroom, in meetings and with their teams, ensuring that our coaching is tailored to the actual challenges they face every day.



## YOUR COACH ON THE FIELD

What distinguishes the O'Brien Group from the run of the mill "leadership coaching" is that, like the coaches of professional sports teams, we coach our clients on or near the field while the game is in play. We work alongside CEOs, executives and their teams, taking note of how system leadership works together.

Like the best sports coaches, we offer guidance before, during and after the game. If we see a breakdown in communication or an ineffective work process, we call a "time out" and review the play with the team members involved.

***We offer possible solutions, encourage mindfulness and, most importantly, we help establish positive habits to help executives Lead Better, Live Better and Achieve More.***



## PINPOINTED GUIDANCE TO IMPROVE RESILIENCE

Winston Churchill once said, "Success is not final, failure is not fatal; it is the courage to continue that counts." His words underline the truth that success can only be defined by persistence and resilience - and that we can't let our breakdowns along the way, define us.

Our roadmap to resilience isn't hypothetical - it's built out of what we see in action, tailored to specific challenges. The vast majority of a CEO's time every day is spent in meeting rooms, talking to teams and working issues. This is why we make the meeting room our field of play.

The guidance offered by O'Brien Group coaches can take any form: from an increased mindfulness when it comes to personal energy management to managing unproductive emotional responses, to improved meeting management.



## HARNESSING THE INTRAPERSONAL AND THE INTERPERSONAL

So much of interpersonal conflict starts from within: Breakdowns appear when leaders feel overwhelmed or have a lack of emotional intelligence and control, letting emotions get the best of them.

We work alongside executives to help them lead more effectively – transforming breakdowns into breakthroughs and leading with clarity of mind and purpose. Executives who have worked with us are better able to harness the intrapersonal for the benefit of the interpersonal: responding to operational challenges with resilience rather than fear while establishing themselves as forces of positive influence within their organizations.

### ***We achieve this by helping executives:***

- Replace cumbersome meetings with high-performance work sessions.
- Turn transactional relationships into productive partnerships.
- Lead cultural change initiatives.
- Manage change-related stress.



## THE EXECUTIVE ADVANTAGE OFFERED BY THE O'BRIEN GROUP

Through our high-performance coaching, we teach senior executive teams of large health systems how to break through to their next level of performance. We help clients recognize ingrained ways of thinking and acting, providing actionable guidance on how they can modify, and build-upon old habits to become the brilliant leaders they want to be.

We work with system leadership in meetings, boardrooms, on calls and when dealing with periods of extreme change. Most importantly, we know you can't afford to step away from operations when you need help. You and your team live in the thick of it every day – and the executive coaches of O'Brien Group will be there with you.



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