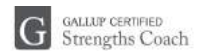


Alexsys THOMPSON

BCC, Forbes Coaches Council, CCL Adjunct, Gallup Certified Strengths Coach



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Coaching is more than just my profession,
it's my passion.

As an **executive coach, entrepreneur, and conflict resolutionist**, my distinctive strengths and experience are a potent combination that enable me to assist leaders and their teams in mapping a route into the future, taking into account all points of impact. When problems arise, my commitment to **clean, concise, and kind candor** helps clear the way for the optimal solution.

Many of the amazing leaders I have had the honor to work with have described me as a breath of fresh air, a safe place, a consummate strategist, as well as a confidant. I leverage humor (in the right context) to **empower a leader to move forward and be fearless** in the journey of knowing self. My personal mission statement is to **"Create safe places for souls to show up"**.

INTEGRATION COACHING



**UNLEASH
THE VIBE OF
YOUR TRYB.**



HOW IT WORKS

Our work together will be aimed directly at measureable goals. We'll utilize tools and assessments to identify your strengths, as well as any gaps we need to bridge.

We'll create an individual, goal-oriented coaching plan that includes the following:

- Scheduled weekly sessions (with access between sessions, as able) for at least 6 months
- The goals we set will get sponsor approval, with report-ins every other month
- Stakeholder interviews to ensure goal alignment
- Metrics development and deployment to track progress



MY ROLE

I am here to create a space for you to show up. In other words, I'm your guide on the journey to build self-awareness, sophisticate your strengths, and become a more effective leader.

I'll equip you with the tools you need to empower you as a leader, so you can unleash the vibe of your Tryb! Over the course of our time together, I will:

- Provide you with insight and feedback
- Help you tackle real-time challenges
- Call you back to the tool methodology and goals set in your coaching plan
- Co-create actions that help you achieve your goals



YOUR ROLE

Your number one job is to show up. That means being on time, being present with humility and a willingness to learn, and most importantly, doing the work. Like any guide, I can only equip you—not do the work for you.

While we are working together, you will be expected to:

- Prioritize your coaching sessions
- Take advantage of the resources you're provided
- Remain open and willing to "try" new ways of thinking and doing things
- Complete actions assigned during sessions
- Be graceful with yourself and ask for help

Lexy was objective in seeking feedback from various individuals and incorporated said feedback into my development plan. **The feedback she provided was professional and direct and came with examples on how to improve.** Lexy also displayed compassion in helping me deal with personnel issues, recognizing the downstream impact on myself and other leaders. I further appreciated the maturity and experience she brought as **Lexy was incredibly thorough in making sure that all of the bases were covered** and that we understood which issues real or perceived were a priority to address.

Lexy was tireless in her commitment and guidance for me and in the future, **if we should need consulting / coaching, I know exactly who we want it to be.**

-MICHAEL GARCIA, SENIOR VP, HOUSTON METHODIST HOSPITAL