

Executive & Team Coaching

ICF PCC coaching for leaders and intact teams navigating pressure, complexity, and growth

1:1 Executive Coaching · Team Coaching · Six Seconds SEI Assessment



Successful leaders are often surrounded by feedback, but not always by truth. Executive coaching creates the space to see the patterns and decisions shaping leadership impact — before they become performance, relationship, or culture problems.

When coaching becomes the right move

- A leader is moving into a bigger role, wider mandate, or more visible position.
- Feedback is emerging around tone, presence, communication, trust, or influence.
- A senior leader is technically strong but needs stronger people leadership.
- Pressure, change, or uncertainty is affecting decision-making and relationships.
- An intact leadership team is functioning, but not fully aligned.

Executive 1:1 coaching

For C-suite leaders, VPs, directors, and high-potential talent. Engagements run 3 to 12 months with bi-weekly sessions. Each programme begins with the Six Seconds SEI Leadership Report — a validated EQ assessment mapping eight competencies to four performance outcomes: effectiveness, wellbeing, quality of life, and relationships.

Team coaching

For teams that need to function differently, not only meet more efficiently. The Six Seconds Team Vital Signs assessment provides a quantified baseline across trust, morale, collaboration, and execution. Coaching works on what the data reveals, in phases with clear milestones.

The approach

Sandra is ICF PCC certified with 500+ executives coached across GCC and MENA. Coaching is honest, direct, and grounded in psychological safety. The challenge is named early, with respect for the leader and without protecting the comfort zone. Complete confidentiality is the foundation — it is the only environment where real change happens. Delivered in English, Arabic, and French, in-person or virtually.

The outcome is not simply insight. It is visible change in how the leader thinks, communicates, decides, and relates.

Start with a confidential leadership conversation to clarify the coaching need.

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ICF PCC · Six Seconds SEI Assessor & Vital Signs Consultant · Brain Profile Assessor · 500+ executives coached · GCC & MENA

Go inward. Lead outward.