



The PaperRoom™

## PaperRoom™ Coaching for Leaders

### Frequently Asked Questions

- **What is The PaperRoom™?**

The PaperRoom™ is an intensive, visual coaching experience that gives you an in-depth look at yourself from a unique viewpoint. Through a proven process of examining your professional and personal patterns within your individual Results System™, you gain insight, access, and control of the thoughts and habits that either drive your success or get in your way. From this vantage point, you can take focused action to achieve your leadership goals.

- **What is PaperRoom™ Coaching?**

PaperRoom Coaching is executive coaching that uses The PaperRoom as a powerful intake to begin the work between client and coach. Starting with this deep, profound self-understanding and direct alignment between coach and client, you accelerate your progress in the coaching. The PaperRoom adds color and dimension to the information provided by coaching resources such as 360-degree feedback and coaching assessments.

- **How is PaperRoom™ Coaching different from other coaching?**

The distinction between coaching using The PaperRoom and other coaching approaches is that the focus is on deepening your self-awareness about the patterns of thinking and behavior that drive you. Conscious choice is at the center of this strengths-based approach. Applied to your professional and personal goals, the systems method behind The PaperRoom helps you do more of what works and overcome your barriers to greater success. Consistent with other coaching programs for executives, coaching with The PaperRoom includes an initial intake session followed by weekly, biweekly, or monthly telephone calls or in-person visits.

- **Who should choose PaperRoom™ Coaching?**

Leaders who want to “know what they don’t know” about themselves and those seeking the practical “how-to” for addressing and resolving known challenges are ideal candidates for PaperRoom Coaching. Leaders looking for accelerated results choose the PaperRoom because the unique process gets to the root causes quickly. The PaperRoom appeals to leaders who want actionable strategies to make sustainable changes that support their leadership.



- **How will The PaperRoom experience enhance my leadership?**

Using this systems approach, leaders gain self-awareness and action strategies to take their leadership to the next level. Greater understanding of yourself is the foundation for the enhanced emotional intelligence that drives inspiration, impact and effectiveness as a leader.

- **How is The PaperRoom delivered?**

The PaperRoom is most often delivered as a face-to-face coaching experience of approximately five hours in a single working session or divided into two shorter sessions. The PaperRoom experience may also be delivered online via four 90-minute web conference sessions without the time and expense of travel.

- **What happens in the follow-up sessions?**

Following your initial PaperRoom experience that forms the foundation for your coaching work, you will be supported in your progress toward your goals through telephone or face-to-face sessions. For each session, you determine the focus of the conversation and the work for that session.

- **How can I get more information?**

Find a local PaperRoom Coach at [www.thepaperroom.com](http://www.thepaperroom.com) or

Call The PaperRoom Institute at +1 (617) 868-0201 or

Email [info@thepaperroominstitute.com](mailto:info@thepaperroominstitute.com)