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## Therapeutic Leadership Coaching (TLC)

TLC is a powerful tool for supporting your healing and development. It blends therapy (which is focused on emotional wellbeing and personal growth) with coaching (which is focused on performance optimization and goal realization).

TLC can help you develop a solution-based approach to your growth as a leader, while receiving some of the resources that come from traditional psychotherapy.

I offer Therapeutic Leadership Coaching for both individuals and groups.

As a coach who is also an experienced therapist, my goal is to help you *thrive* - as a professional, a leader, and a human being on a quest to live your very best life.

The TLC process will address leadership goals and progress, and will also address personal, relational, and spiritual projects.

### Examples of areas covered include:

- ✓ Clarifying purpose and values
- ✓ Managing stress and building resilience

- ✓ Growing in awareness of self and other
- ✓ Putting up and maintaining boundaries
- ✓ Addressing maladaptive perfectionism and growing in self-confidence
- ✓ Balancing care/kindness and candor/directness in communication practices
- ✓ Navigating changes with grace
- ✓ Improving empathic listening skills
- ✓ Developing everyday compassionate leadership skills and strategies
- ✓ Prioritizing self-care and self-compassion

Your journey begins by taking The Compassion Advantage™ Assessment a special, world-class leadership development tool. Together, we will analyze the results and use them to craft success and wellness goals specific to you.

I will invest time getting to know you as a person. We'll explore how the topics/challenges you bring to Therapeutic Leadership Coaching are related to your unique story and future aspirations. Then, together, we will craft a plan for overcoming obstacles (which are often unconscious). Soon, you will find yourself moving toward the transformation you want and deserve.

## Sample 16-Week Coaching Schedule\*

**Pre-work:** Take The Compassion Advantage™ Assessment, complete intake

**Week 1:** Analyze and interpret assessment results, discuss intake

**Week 2:** Together, create a tailored plan for your unique TLC journey

**Weeks 3–4:** Building mindful self-awareness

**Weeks 5–6:** Identifying purpose and values

**Weeks 7–8:** Addressing inner self-criticism, growing in self-compassion

**Weeks 9–10:** Building better boundaries

**Weeks 11–12:** Deepening empathic attunement to others

**Weeks 13–14:** Balancing candor and care in communication

**Weeks 15–16:** Craft a plan for ongoing progress, support, inspiration, and accountability

\* Each TLC journey is unique – this is only one of many possible schedules.