

# PADGETT COACHING

January 2024



## THRIVE 2024

The dates for two Thrive cohorts have been released! More details on my website, [www.padgettcoaching.com](http://www.padgettcoaching.com) under Thrive Programs – four days of focus on your leadership development!

Spring 2024 Cohort:

*March 13-14 and  
April 10-11*

Fall Cohort:

*September 18-19 and  
October 16-17*

Registration is OPEN!

## THANK YOU TO 2023 & WELCOME 2024!

This past year brought so much to be grateful for in my work, and I remain appreciative of the referrals and work in Vermont, New York, and beyond. It has been an honor to continue to work with several local organizations and add a few new names in 2023; I cannot wait to see what 2024 brings!

In my personal development experience, I attained certification in Korn Ferry's Emotional and Social Competency Inventory (ESCI). The ESCI provides 360 feedback, through self-assessment and rater-solicited feedback, in the four domains of emotional intelligence: self-awareness, self-management, social awareness, and relationship management. It also provides detailed input on 12 competencies informing the four domains. This achievement continues to build on the Emotional Intelligence frameworks in which my work is grounded.

Additionally, I enrolled in Dorothy Siminovitch's "Presence and Masterful Use of Self" workshop through the Gestalt Center for Coaching. I met Dorothy first in 2019 after thoroughly enjoying her latest book, *A Gestalt Coaching Primer*, and kept in touch with her since that first encounter. I gained new insights about my presence, influencing, and intervening through the use of presence in this most recent workshop.

In 2024, my learning and development journey will continue ... stay tuned!

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*"Presence is our GPS where the data of the moment is registered." – Dorothy E. Siminovitch, PhD, MCC*

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## NEW OFFERINGS IN 2024

This year, I am offering new team-building and leadership development opportunities, while remaining steadfast around leadership coaching.

**Thrive Leadership Development Program** – Spring and Fall opportunities! See my website for the brochure and more details!

**AlignmentYOU!** – In conjunction with Tess Weinish, AlignmentYou! is a 5-week series focusing on your leadership brand. Together, we will work with you on clarity around personal values, articulating purpose, and how to talk about what differentiates you. We will also help you identify shifts to propel you forward. We will meet each week virtually for 1.5 hours. Starting on March 18<sup>th</sup>, the fee for this series is \$250.



*"Without reflection, we go blindly on our way, creating more unintended consequences, and failing to achieve anything useful – Margaret J Wheatley*

**Team-building with Myers-Briggs Type Indicators** – A half-day workshop designed to help participants learn more about their and their teammates' preferences and how those preferences appear in the workplace. Participants take an

assessment before the workshop and actively learn about their and other's preferences during the session. This workshop applies to teams and groups; individual learning options are also available.

**Hogan Personality Assessments** – A person's perception of you is their reality! Hogan assessments focus on your reputation – what everyone else thinks of you, based on overt behaviors and social skills. Your reputation is the person other people think you are, and your success in the workplace depends on your reputation. With this assessment, we look at the bright side, the dark side, and the inside of you in conjunction with a couple of one-on-one sessions. This offering applies to individuals through corporate sponsorship or individualized work.

**Korn Ferry's Emotional and Social Competency Inventory (ESCI)** - Discover your strengths and areas for development with the ESCI 360-degree Assessment of your emotional intelligence competencies related to leadership. Emotional intelligence is the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions effectively in ourselves and others. Emotional and social competency is a learned capacity based on emotional intelligence, contributing to effective work performance. The ESCI measures the demonstration of individuals' behaviors through their perceptions and those of their raters, making it distinct from measures of EI that assess ability or personality preferences. This offering applies to individuals through corporate sponsorship or individualized work; an organizational or team-related view is also an option from a strengths-based perspective.

**Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT)** – This instrument measures emotional intelligence through an individual's ability to perceive, comprehend, act on, and manage emotional information. Using questions based on everyday scenarios, the MSCEIT measures how well people respond to social tasks, read facial expressions, and solve emotional problems. This offering applies to individuals through corporate sponsorship or individualized work.

## PURPOSE & PASSION – A WINNING COMBINATION



*Where will your passion take you in 2024?*

### Contact Me

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I often reflect on what is pulling me: is it purpose, or is it passion? I think of purpose as the stable motivation behind why I do things, while I think of passion as the intensity and thrill of doing them. Purpose has meaningful intention behind it, is tied to my core values and beliefs, and connects me to something larger than myself. Passion feels emotionally driven to me, so intensity can fluctuate at times; passion can change over time, yet I have the same intense enthusiasm and excitement each time I connect to it. My purpose guides my choices to align with my values, while my passion provides the energy to pursue my interests and choices with enthusiasm. I have found these two concepts – purpose and passion – work best together, with purpose directing passion towards meaningful goals.

As I enter 2024, I am looking for opportunities to help connect individuals and teams to their purpose and passions through coaching, team-building facilitation, or leadership development activities. By establishing meaningful goals, we will work co-creatively to the next step or level they want to achieve. If you or someone you know is seeking this type of support, I would love to connect to learn more. I offer no-obligation exploratory conversations through my website and direct outreach using the contact information on the left of this page.