

Leap to Lead

SUN Strengths Profile

The SUN Strengths Profile is an online assessment that is widely used by business and industry. Interestingly, the Atlanta Braves organization uses a version of the instrument as part of their hiring process – for players and staff. The instrument takes about 30 minutes to complete and you receive immediate feedback.

Individual Executive Leadership Coaching Sessions

A unique aspect of *Leap to Lead* is the individual (confidential) Executive Leadership Coaching Sessions outside the class. The initial Coaching Session is a ninety (90) minute debrief of the SUN Strengths Profile assessment. This session must be completed prior to the first class meeting. The subsequent coaching sessions (2.5 total hours) will be scheduled at your convenience.

The Executive Leadership Coaching sessions can be conducted at your office, at Dr. Smith's office or over the phone.