

Executive Coaching Options

Executive coaching is one option of how to use your stipend fund. As noted in the operational handbook in the Fellows portal, up to half of the \$1,500 (total of \$750) may go towards executive coaching. We offer two suggestions/options below, but you may also choose your own coach who best represents your professional goals. Please refer to the Fellows handbook for the process of payment towards your chosen coach.

Dexter Nolley

Contact Info:

Mobile 919.971.4017

<https://www.nolleycoaching.com/>

He offers introductory meetings for prospective clients.

Coaching Specialty Areas

- Advocacy & executive presence – helping clients communicate with clarity, influence, and confidence
- Behavioral follow-through using tools like DiSC and WHY – turning assessment insights into real-world habits
- Leadership identity, values alignment, and decision-making
- Accountability and progress planning – especially for those managing multiple priorities
- Two 60-minute 1:1 coaching sessions (customized to their goals)
- Email/text check-ins between sessions

- Assessments debrief

John Burton Coaching

Contact Info:

Mobile 828-508-4393

- John's approach to coaching is individualized based on your needs, and can include follow up on the application of your newly found knowledge through the DiSC profile and the leadership immersion.
- Three 60-90 minute 1:1 coaching sessions

From John's coaching agreement, "Think of coaching as an ongoing process. Many people create change for themselves in a short time. However, even the most willing clients experience resistance to the changes they want to make....I view our coaching arrangement as an important investment you are making in yourself, and I want you to receive a return beyond your expectations. I will also initiate interim opportunities to give me feedback. My objective is to have a coaching relationship that is fully open, honest, real, and trusting in our communication styles.