

LEADERSHIP COACHING & MENTORING



Program Information

One-on-one, team, and group coaching designed to unlock insight, shift behaviour, and accelerate growth

Great leadership is rarely accidental. It is built through deliberate reflection, honest challenge, and the right support at the right time. SYNQIT's coaching and mentoring programmes create the conditions for leaders to move beyond their current ceiling — deepening self-awareness, sharpening decision-making, and building the resilience that sustained leadership demands

One-on-One Coaching | Team Coaching | Group Coaching | Executive Mentoring

Leadership capacity is the ceiling of every organisation. When leaders grow, the whole business grows with them

How we Work



One-on-One Coaching

A confidential, focused partnership between coach and leader creating space for honest exploration, targeted development, and meaningful behaviour change.

- Goal-setting and coaching contract aligned to business context
- Leadership style and strengths assessment
- Structured sessions with reflection and accountability
- 360-feedback integration and debrief
- Stakeholder management and executive presence

Team & Group Coaching

Coaching that works at the collective level improving how leadership teams think together, communicate, and perform under pressure.

- Team dynamics and trust diagnostics
- Shared purpose and aligned ways of working
- Conflict navigation and constructive challenge
- Group coaching for cohorts and peer networks
- Facilitated offsites and leadership intensives

Executive Mentoring

Senior practitioners sharing hard-won experience with leaders navigating new territory providing perspective, challenge, and a trusted sounding board.

- New leader assimilation and first-90-days support
- Career transition and role navigation
- Strategic thinking and business acumen development
- Cross-functional influence and political navigation
- Long-form mentoring relationships (6–12 months)

Outcomes Leaders and Organisations Experience

Deeper self-awareness; Leaders understand their default patterns, triggers, and blind spots — and choose how to respond; Faster & Clearer decisions; Confidence and clarity under pressure, with frameworks for navigating ambiguity; Accelerated growth; Leaders move more quickly through transitions, step into greater scope, and sustain performance; Stronger team culture