



AMBER WAUGAMAN

EXECUTIVE LEADERSHIP COACH

What are you
tolerating?

What are you putting up with? Give it
a voice and decide how to move
forward!



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Hi there!

My name is Amber Waugaman and I'd like to commend you for taking this step to discover what you are currently tolerating and how it can help you move forward toward thriving.

I became an Executive Coach after working full-time in the corporate world for 14 years. Firsthand, I witnessed poor, ineffective, dysfunctional, & toxic leaders. I started informally providing counsel and advice to leaders, friends, coworkers, and acquaintances. Luckily, along my journey, I had some amazing mentors and leaders who provided me with crucial leadership skills.

Employees tend to leave managers, not organizations. Did you know that over 60% of companies provide NO leadership training or development? It's no wonder that ineffective leaders are running rampant. It's not their fault - we promote them and then throw them to the wolves!

A common misconception is that an "Executive Coach" is only for executives. I want to clear that up: an Executive Coach is a workplace coach focused on developing highly-effective transferrable skills in leaders and employees. You do not need a leadership title to exhibit highly-effective behavior. In fact, udeemy reported in their 2022 workplace learning trends report that businesses that extend leadership training to **all** employees, regardless of managerial aspirations, are **4.2x** more likely to **outperform** those that don't in terms of revenue growth, operating margin, and return on equity. The ROI is there and it shouldn't be overlooked.

Keep an eye on your emails for my monthly insight newsletter and other valuable information that will help you with your professional development journey.

Celebrating & supporting your ongoing growth & development,

[Schedule a free consultation](#)



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Discover what you
are tolerating

Identify

What are you tolerating? What are you putting up with?

Now is the time to identify what you're tolerating! Write as many items as you can, then over time as you think of more, simply add them to your list.

Examples: Incomplete tasks, frustrations, poor processes and procedures, unresolved issues or problems, other people's or your own behaviour, clutter, shoulds, unmet needs, crossed boundaries, poor morale, overdue bills or invoices, outdated design, guilt, exercise/eating/sleep habits, office cleanliness/tidiness, undone filing, indecision, procrastination etc...

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- 18.
- 19.
- 20.



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Discover what you
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Prioritize

From your list, put each item into one
of these three buckets.

| No longer willing to tolerate | Might be willing to tolerate | Willing to tolerate |
|-------------------------------|------------------------------|---------------------|
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Action Item

Pick one item on your "no longer willing to tolerate" list and define an action to take this week.

No longer willing to tolerate:

Action I'm going to commit to this week:

How I'll hold myself accountable:



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As with everything,
I'm involved in your
progress.

If you implement
this, let me know
how it goes for you.

I'd love to hear!

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Interested in coaching for yourself or your
organization? [Schedule a free consultation](#)