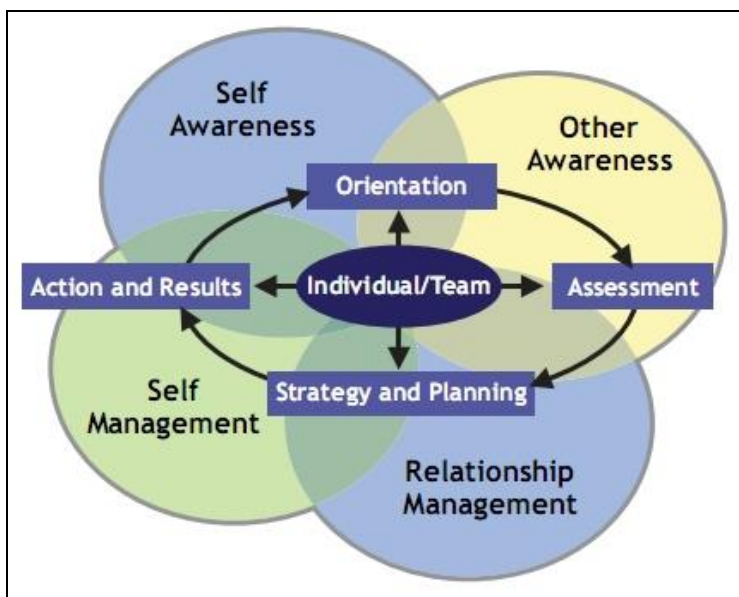


Executive Coaching

Finding meaning in your work and creating it for others isn't just possible—it's actually part of the shift that we help leaders make every day. By learning to listen to your own deep knowing, you can get the most out of people while influencing positive change in yourself and the world around you. You can share a vision that joins head and heart to make the impact you've always pictured.

Our Process

We take the time to ask questions you haven't asked yourselves, and we pair that discovery with discussions that help you understand the real beliefs, values, assumptions, and myths that are driving behavior at your organization.



Individual coaching initially begins with a six-month commitment. This timeframe is essential as many shifts don't occur and become habit for at least four months and even longer with some individuals. InSight's approach is grounded in the core areas (self-awareness, social or other awareness, self-management and relationship management) of emotional intelligence (EI) as well as the Creative-Reactive propensity.

Coaching sessions occur two times per month and may be in-person or virtual using Zoom.

"If you're a leader yearning for connection to the heart of why you do what you do, and open to transformational personal character development, this exploration and coaching is for you.

CEO, Leading Through Epochal Change Program

"I consistently get the feedback 'Thank you so much for investing in Renelle.' Our work with her has transformed the leadership outside our four walls, in our communities, marriages, and lives in general.

Ross Brooks, Chief Executive Officer of Mountain Family Health Centers