

Transform Potential into Performance with Strategic Coaching

Elevate your leadership, career, and personal growth through tailored coaching experiences that deliver measurable results.

At E Equals Why, coaching is more than a tool—it's a strategic advantage. We help individuals and teams unlock their strengths, navigate change, and thrive. Whether you're stepping into a new role, leveling up your leadership, or recalibrating your goals, we tailor the experience to your unique context.

Why Coaching Matters

In today's fast-paced, constantly shifting landscape, the best leaders don't go it alone.

They invest in coaching to gain clarity, build confidence, and stay grounded in what matters most.

Coaching accelerates self-awareness, strengthens decision-making, and equips individuals to lead with greater purpose, resilience, and results.

80% report increased self-confidence

70% saw improved individual performance

60% increase in leadership effectiveness

23% improvement in company profitability



E3 Coaching

Choose the coaching style that aligns with your stage, role, or goal.

Leadership Coaching

Strengthen your ability to lead authentically, make strategic decisions, and inspire high performance.

Team Coaching

Focuses on team dynamics, collaboration, and performance to create high-performing teams

Career Coaching

Navigate career transitions, refine your value proposition, and excel in job searches or internal moves.

Onboarding Coaching

Set up for success in your first 90 days with structured support that drives early wins and lasting impact.

Group Coaching

Learn & Grow Together



E3 Leadership Bootcamp

Boost confidence, deepen engagement, and drive outcomes through peer-based group coaching.



E3 Learning Continuum

Sustain growth, strengthen habits, and stay accountable with ongoing group-based leadership support..

Beyond Coaching: What Makes Us Different

We don't just hold space—we help you move through it.

We don't just ask questions—we help you answer them

Leadership growth doesn't come from generic coaching. It takes a partner who understands your role, challenges your thinking, and helps you lead with clarity. At E Equals Why, we blend real life 'in the trenches' experience, research, and emotional intelligence to support your growth at every stage. Expect us to be your coach, plus:

- **Confidante:** A trusted partner for candid conversations, offering emotional support and a safe space to reflect and regroup.
- **Mentor:** A seasoned guide with experience-based insights, here to help you navigate challenges, build confidence, and accelerate your learning curve.
- **Advisor:** A strategic thinker who sees the bigger picture—helping you connect decisions to outcomes, align with the business, and lead with clarity.
- **Accountability Partner:** Someone who ensures progress stays visible, grounded, and meaningful—so you follow through, even when the day-to-day gets hard.



E EQUALS WHY

At E Equals Why, we don't just coach—we co-create your leadership evolution.

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E Equals Why Coaching

Success isn't about doing more—it's about doing the right things with clarity, confidence, and purpose. Whether you're navigating change, building your leadership edge, or preparing for what's next, now is the time to invest in yourself. Our coaching options are designed for first-time managers, experienced leaders, high-potential talent, and anyone ready to lead with greater impact. Built for flexibility, depth, and real-world results, there's a path here for you. Explore the plan that fits your goals—and let's move forward, together.

COACHING IMPROVES LEADERSHIP EFFECTIVENESS BY 60%, ENHANCING DECISION-MAKING, CONFLICT RESOLUTION, AND OVERALL TEAM MANAGEMENT

(KORN FERRY | ORGANIZATIONAL CONSULTING)

Offerings	Price	
Individual Coaching Session <ul style="list-style-type: none">Initial 30-min Intake/Onboarding Session50 Min Coaching Session	\$750	 <p>www.eequalswhy.com keastwood@eequalswhy.com +1 917-628-1927</p> <p>Ready to explore coaching options? Book a Discovery Call now</p> <p><u>BOOK A DISCOVERY CALL</u></p> <p>“If you are a people manager and you DON'T have a coach you meet with regularly, you're trying to lead with half your brain tied behind your back.” - VP, Technical Services</p>
Bundle Pricing available for extended commitments <ul style="list-style-type: none">5% Discount for 6 sessions10% Discount for 12 sessions <i>Bundle pricing includes email support, session notes, and accountability check-ins.</i>	\$4,275 \$8,100	
E3 90-day Executive Onboarding Package <ul style="list-style-type: none">Initial 30-minute Onboarding Session8 weekly one-hour coaching sessionsE3 Leadership Bootcamp materialsWorkbooks, assessments, tools and ongoing support via phone and email	\$5,000	
E3 Leadership Bootcamp (Public) <ul style="list-style-type: none">5 Virtual 90-Minute SessionsPre-work, recorded content, E3 ToolsAccess to monthly E3 Leadership Community group call	\$1,497 per person <i>Discounts available for multiple participants</i>	
E3 Learning Continuum (Practice) <ul style="list-style-type: none">90-min Virtual On-going Monthly Development SessionsIntegration with company strategy and cultureOffice Hour with a Leadership Advisor assigned to the team	\$5,000 per month	