



Preparing Leaders for What's Now & What's Next!

ArringtonCoaching.com

OUR MISSION & VISION

We are reimagining leadership and creating a generation of balanced, people-focused, influential, and effective leaders.

OUR VALUES

Creativity

Accountability

Reliability

Enjoyability



WHO WE ARE

TRUSTED THINKING PARTNER

INTRODUCTION

PROVEN LEADERSHIP DEVELOPMENT



COMPANY PROFILE

Arrington Coaching, LLC is an SBA 8(a) certified minority-owned business established in 2015 with its headquarters in Suffolk, VA.

We are a leadership development company, preparing leaders for what's now and what's next through coaching, speaking and training.

As a trusted partner we exceed client expectations by using our proprietary ASCEND process to accelerate results.



FOUNDER & COO

DR. DAVID ARRINGTON

- Doctorate in Strategic Leadership with an emphasis in leadership coaching
- 17+ Years of Executive Coaching and Leadership Training Experience
- Developed over 20 Leadership Courses
- Worked with Dozens of CEOs, Executives, Leadership Teams, Organizations
- In many industries including Legal, Real Estate, Non-profit, Communications, Ship Building, Construction, Government, Finance, to name a few

WHERE WE EXCEL

LEADERSHIP DEVELOPMENT

We prepare leaders for what's now and what's next through coaching, speaking and training.



COACHING

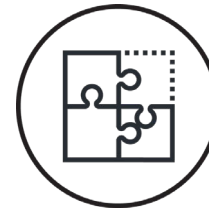
Executive
Leadership
Group and/or Team
Retreats



SPEAKING

Keynotes
Workshops

Leadership
Diversity, Equity & Inclusion
Team Dynamics
Motivation



TRAINING

Online
Hybrid
In-Person

DIFFERENTIATORS

WHAT MAKES US UNIQUE



ASCEND Executive Development Program

- 8 months
- 8 leadership courses
- 16 coaching sessions
- Group cohort
- 100% virtual
- Outstanding Results



Leadership Certification Paths

3 months

- 3 leadership courses
- 3 coaching sessions
- 100% virtual



Virtual Leadership Development

Coaching executives, leaders and teams to successfully navigate the new normal.

OUR CERTIFICATIONS

Minority



Training



Security



In Progress

NAICS Codes: 611430, 611710, 541611, 541612, 541618

SOME OF OUR CLIENTS



NAICS Codes: 611430, 611710, 541611, 541612, 541618

CASE STUDY

Executive Leadership Development

12 months
Executive Coaching
Virtual

THE SITUATION

Hired by a large financial services firm to prepare their Accounting Vice President to be Chief Financial Officer.

OUR APPROACH

We identified the qualities the current executive team was looking for and coached the leader to those expectations.

- 12-month coaching engagement
- Communicated progress to executive team
- Focused on sharpening his executive skillset

OUTCOMES

The organization recognized their employee's new skillset and abilities, and he was promoted to Chief Financial Officer in the given time period.

CASE STUDY

Over \$70k Saved & Counting

Ongoing
Executive Coaching
Online Courses
Group Cohort
Virtual



THE SITUATION

Hired by the Joint Staff to create and facilitate a comprehensive training program to prepare their high potential leaders for executive leadership roles.

OUR APPROACH

We developed the **ASCEND Executive Leadership Development program.**

- 8-month leadership program
- Leadership Coaching
- Online Courses
- Group Cohort
- 100% virtual

OUTCOMES

The effectiveness of the program has led the Joint Staff to double the number of leaders we work with.

- It met or exceeded their current offering
- Provided greater flexibility for participants
- Reduced executive development costs by ~40%

CASE STUDY

\$1.6M YoY Improvement

8 months
Executive Coaching
Team Coaching
Virtual

THE SITUATION

Hired by a major telecommunications company to work with a senior leader and his sales team. They were consistently 9th out of 10 sales regions.

The leader was:

- Focusing on the wrong things
- Not providing clear direction
- Unable to reverse course

The team was:

- Communicating poorly
- Frustrated
- Underperforming

OUR APPROACH

We coached the leader and his team to:

- Correct leadership errors
- Instill leadership principles
- Opening lines of communication
- Clarify success parameters

OUTCOMES

Team dynamics and performance improved. They were ranked 1st out of 10 sales regions and increased sales \$1.6M YoY.

GET IN TOUCH!

CONTACT US



WEBSITE

ArringtonCoaching.com

EMAIL

info@arringtoncoaching.com

PHONE

(757) 255-1442
