



ABOUT TESS COX & ASSOCIATES

Tess Cox & Associates, LLC is a leadership coaching and consulting firm that seeks to mentor and build the leadership capacity and influence of clients as they lead their employees, teams and boards. TC&A is led by Tess Cox, Principal and a Senior Executive Leadership Coach, Consultant, Trainer and Author. With over 30 years of leadership experience, Tess maintains a focus on mindset training, effective processes of communication, decision-making capabilities, systems thinking, and building strong and trusting relationships. TC&A is also led by Chelsea Cox Gillman, who brings over 15 years of experience in hospitality management. Chelsea supports clients with leadership development through self-awareness, self-care and sustainable energy in the workplace.

WHO WE ARE

At TC&A, we coach our clients to “Lead Yourself... First.” The foundation of our leadership coaching is based around the 5 C’s of Leadership, detailed in Tess’s book *The Leadership Blueprint: Becoming the Architect of Your Life and Work*.

Character:

Understanding who you are and why you do what you do.

Competence:

Identifying strengths and understanding where there are gaps.

Consistency:

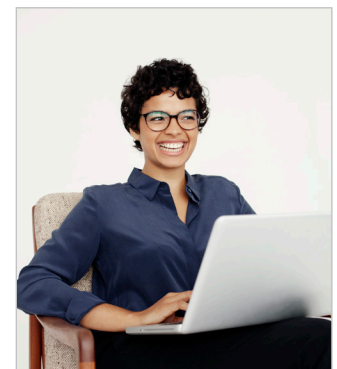
Focus on 1% marginal gains to develop your consistency.

Creativity:

Creating strong and healthy relationships to support growth.

Confidence:

Cultivated through the establishment and practice of the first 4 C’s.





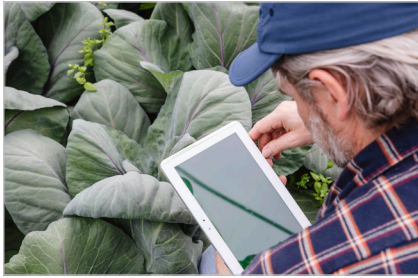
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Tess Cox & Associates, LLC



SERVICES OFFERED

We support clients in a variety of industries including Agribusiness, Hospitality, Technology, Medical, Legislative, Non-Profit, Education and more. TC&A resources include:

Leadership Coaching and Consulting

Experienced in coaching clients through IPO management support, company mergers, start-ups, strategic planning, SOP's and succession planning

Books & Journals

The Leadership Blueprint

Family Strong Blueprint

2021 Deeply Rooted Journal

Online Courses

Overcome Burnout and Love Your Work

Attitude of Gratitude

Programs

Find Your Why

Employee Engagement Blueprint – **COMING SOON**

Public Speaking

THE RESULTS

As a result of working through our proprietary coaching programs, our clients have been able to develop more engaged team members within their organization, increase team productivity and reduce staff turnover. Our clients have also experienced growth in the following areas:

Problem-solving skills

Decision-making abilities

Effective communication

Increased Self-awareness

Conflict management

Self-care and energy management

Active listening and engagement

Confidence with a growth mindset

Client Coaching Feedback from C-level, Directors & Managers:

“The 5 C’s have helped me to **build strategy** around **any problem** I try to solve.”

“Learning to **self-manage** my own mindsets and behaviors when working with others has been **transformational**.”

“My **communication** when addressing a group has **improved** and our teams have **become stronger**.”

“ Leadership coaching with TC&A has **supported** me in understanding that **my mindset** influences my **communication** and **improves my relationships** at work and personally.”

“I’ve learned that **emotional intelligence** is extremely important when **building relationships**.”

“The 1% **marginal gains** concept helps me every day.”


“Coaching helps me to **explore challenges** without judgement.”


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 Tess Cox & Associates, LLC

CLIENTS SERVED



WE THE PEOPLE



SHE IS WORTHY



GENERATION GROWERS

ESTABLISHED 1956 N. CALIFORNIA

