



IDEAS INTO ACTION
COACHING & CONSULTING

MAKETA WILBORN, PCC

LEADERSHIP & EXECUTIVE COACH + FACILITATOR



PERSONAL PROFILE

Pronouns: He/Him

Age: 52

CONTACT

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SUPERPOWERS

- Seeing the connections between ideas and possibilities
- Creating authentic space for connection
- Asking questions that elevate the conversation



INTERESTS

The Art of Tea

Meditation

Qi Gong & Kung Fu

Music/Percussion



EXPERTISE

Strategic planning & implementation
Visual thinking & Graphic Facilitation
Process Design & Systems Thinking
DEIJ Strategy & Implementation
Building High Performance Teams
Small Business Development
Mens Work & Spiritual Development

ABOUT MAKETA

Maketa ("ma-kay-ta") is an organizational development consultant, master facilitator, artist and certified professional coach. He has 25 years of professional experience guiding individuals and organizations toward their objectives and their highest potential. His passion for building intentional and engaged communities and effective, inspiring leaders shines through his innovative and relational approach. He combines his extensive professional experience working across multiple sectors, with his personal journey toward balance and liberation to inform and inspire his coaching clients.

COACHING FOCUS AREAS



- Adapt or develop **behaviors** to improve engagement with others

- Develop **new skills** for professional and personal effectiveness



- Lead and model **anti-racism & equity in practice**

- Lead **strategic implementation**



- Create and evolve **organizational culture**

- Develop and integrate **mind & body practices** to support personal and professional balance



THE COACHING SPECTRUM

The approaches of executive coaches tend to fall on a spectrum from skills oriented to right feelings oriented. Maketa's approach is grounded in both and shifts in response to the emerging needs and realities impacting his clients. His direct communication and commitment to *keeping it real* create an authentic space to explore the challenges and opportunities of leadership as well as the strong emotions that emerge in the process.



SKILLS



FEELINGS



► **Maketa Wilborn**
Executive Coach + Facilitator

Maketa's coaching is exceptional! I have benefited from his rare mix of active listening punctuated with incisive questioning, and his ability to surface deeper patterns and emotions, then follow up with a nudge towards action and accountability. He has helped me through one of the most difficult parts of my life.

- Adam Haigler, Co-Founder &
Director of Open Way Learning

You made me realize that we can almost instantly create depth together if we are willing to show up as our authentic selves and dare to be with what shows up. You are an inspiration and I learned a lot from you.

-Lotte Vermeij, Senior Expert on UN
Peace Operations at NORCAP/
Norwegian Refugee Council

COACHING PHILOSOPHY

As in all other areas of his work, Maketa believes in keeping **relationships at the center**. As a core value, this has consistently delivered strong, enduring and positive results. His **coaching approach** orients around four core elements:

Mental Resilience

Deepening knowledge of new or previously known concepts and identifying and examining conscious and unconscious beliefs.

Physical Attunement

Tapping into body wisdom for truth and deep knowing.

Spiritual Integration

Deepening emotional intelligence and developing greater mindfulness.

Practical Application

Developing new skills and applying new tools to enable change and action.

The awareness and practice of each of these elements has proven essential for meaningful growth and wholeness. Engaging wholeness in the coaching partnership creates a sustainable foundation to level up to more effective leadership.

COACHING TIERS

REORIENTATION

3 Month Coaching Partnership

This coaching partnership will help you **clarify a new direction**, set clear goals and identify any barriers to action. You will also gain supportive tools and strategies to help you get there.

**There are times when we need a change.
Are you ready for a new direction?**

INTEGRATION

6 Month Coaching Partnership

This partnership will help you get reoriented and provide you with the active support to effectively **integrate new behaviors and practices** into your leadership and life.

**Integrating new ways of being can be challenging.
Are you committed to making it stick?**

TRANSFORMATION

12 Month Professional & Personal Development Pathway

This is for leaders who are all in! Get reoriented, integrate supportive new behaviors and practices, and get the support over time to **transform your mental patterns, enhance your physical well-being, and energize your spirit** to create entirely new ways to be in your leadership and life.

**Big change takes time.
Are you all in?**

[SCHEDULE A 30 MINUTE CHEMISTRY CALL TO LEARN MORE](#)

Maketa coached me as he led me and my organization through a heavyweight strategic planning process. I valued Maketa's support and partnership all the way through the 6-month process. He's personable, incredibly smart, and deeply empathetic. I feel the benefits of having worked with him.

- R. Brent Lyles, Executive Director, Friends of the San Juans

Connect + Learn more about Maketa at:



linkedin.com/in/maketawilborn
www.ideasn2action.com

Coaching leaders. Engaging wholeness. Turning ideas into action.