

Essential Leadership Women's Coaching Groups

Fall/Winter 2017 Calendar, Group A (meeting on Thursdays from 11am-12:30pm as follows):

Date	Timeframe	Topic Overview
Sept 28	11:30am – 3pm	Live Kick-off Meeting! > Get to Know Each Other > The Leader I'm Becoming – Looking ahead and setting intentions for our journey > Leadership & Self-Deception > Making Group-work Work: a look at Projection & Shadow
Oct 5	11:am – 12:30pm	Coaching Video Call #1 > Leadership Presence > Self-Observation
Oct 12	11:am – 12:30pm	Coaching Video Call #2 > Responsiveness vs. Reactivity > Self-Observation
Oct 26	11:am – 12:30pm	Coaching Video Call #3 > Review our Triggers and Self-Reflection “A-ha’s” > Making the Essential Shift
Nov 2	11:am – 12:30pm	Coaching Video Call #4 > Mindset & Deeper Listening > Vocab: What is it to be in <i>Right Relationship</i> ?
Nov 16	11:am – 12:30pm	Coaching Video Call #5 > Listening Within, Making <i>essential shifts</i> in our inner dialogue
Nov 30	11:am – 12:30pm	Coaching Video Call #6 > Personal Growth Pyramid > Making the Essential Shift
Dec 14	11:am – 12:30pm	Coaching Video Call #7 > Review key concepts from Leadership & Self-Deception > How/When/With whom are we noticing these in our lives?
Jan 4	11:am – 12:30pm	Coaching Video Call #8 > Visualization exercise: The Leader I'm Becoming > Set intention for the remainder of our coaching together
Jan 18	11:am – 12:30pm	Coaching Video Call #9 > How are the shifts we've been making in our inner world cultivating the desired reality in our outer world?
Feb 1	11:am – 12:30pm	Coaching Video Call #10 > Effectively Engaging Others: review the brain science behind engagement and motivation
Feb 8	11:am – 12:30pm	Coaching Video Call #11 > Putting it all together. Create individual Roadmaps to guide our continued growth.

Schedule 1-on-1 Completion Sessions

Essential Leadership Women's Coaching Groups

Fall/Winter 2017 Calendar, Group B (meeting on Fridays from 11:30am-1:00pm as follows):

Date	Timeframe	Topic Overview
Sept 29	11am – 2:30pm	Live Kick-off Meeting! › Get to Know Each Other › The Leader I'm Becoming – Looking ahead and setting intentions for our journey › Leadership & Self-Deception › Making Group-work Work: a look at Projection & Shadow
Oct 6	11:30am – 1pm	Coaching Video Call #1 › Leadership Presence › Self-Observation
Oct 13	11:30am – 1pm	Coaching Video Call #2 › Responsiveness vs. Reactivity › Self-Observation
Oct 27	11:30am – 1pm	Coaching Video Call #3 › Review our Triggers and Self-Reflection “A-ha's” › Making the Essential Shift
Nov 3	11:30am – 1pm	Coaching Video Call #4 › Mindset & Deeper Listening › Vocab: What is it to be in <i>Right Relationship</i> ?
Nov 17	11:30am – 1pm	Coaching Video Call #5 › Listening Within, Making <i>essential shifts</i> in our inner dialogue
Dec 1	11:30am – 1pm	Coaching Video Call #6 › Personal Growth Pyramid › Making the Essential Shift
Dec 15	11:30am – 1pm	Coaching Video Call #7 › Review key concepts from Leadership & Self-Deception › How/When/With whom are we noticing these in our lives?
Jan 5	11:30am – 1pm	Coaching Video Call #8 › Visualization exercise: The Leader I'm Becoming › Set intention for the remainder of our coaching together
Jan 19	11:30am – 1pm	Coaching Video Call #9 › How are the shifts we've been making in our inner world cultivating the desired reality in our outer world?
Feb 2	11:30am – 1pm	Coaching Video Call #10 › Effectively Engaging Others: review the brain science behind engagement and motivation
Feb 9	11:30am – 1pm	Coaching Video Call #11 › Putting it all together. Create individual Roadmaps to guide our continued growth.

Schedule 1-on-1 Completion Sessions



Dear Future Coaching Participant,

I am thrilled that you are considering joining one of our “Essential Leadership” women’s coaching groups! I can tell you (and more importantly, past participants would tell you!) that being a part of our coaching groups is a life-changing experience. Please feel free to contact me at any time with your questions as you discern whether or not this is the right opportunity for you.

With best wishes,

De Yarrison

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PURPOSE

The purpose of our coaching groups is to create space for women leaders to grow their skill sets, expand their networks, and participate in new experiences within a group of peers from around the country. The greatest learning opportunity for you in this group is the opportunity to get to know yourself exceedingly well: your triggers or hot buttons, your reactive behavior patterns, your helpful and unhelpful thought patterns, the beliefs and assumptions you hold about yourself and others, and the impact your presence has in a group setting.

A deep and honest awareness of oneself is the heart of great leadership; what I call “Essential Leadership.” Essential Leadership is not about a strategy, a 5-step process, a 3-part model, or the latest leadership title at Amazon. It is about You - a human being - building positive and influential relationships with other human beings, in service of achieving desired results together.

GROUP COACHING LOGISTICS

1. We meet in-person for our first session. This provides the opportunity to get to know one another, to kick things off and to establish ground rules for our coaching time together. We typically meet at a conference center in the Valley Forge, PA area.
2. The remainder of our sessions take place via video call. Specific instructions will be provided for connecting to our meetings. See schedule below for specific dates and topics covered.
3. Each call follows the format of check-in, short teaching or facilitated discussion, then coaching.

4. Each call, two group members will receive individual coaching for approximately 20-minutes each. During the coaching time, other group members are expected to observe and listen actively. Members will receive individual coaching on a rotating basis.
5. Even when you are not receiving individual coaching, you are still receiving the coaching! Meaning, there is something of value to be gained from everyone's experience. This is what makes group work so powerful!
6. All coaching content is to remain strictly confidential. We'll review confidentiality and other expectations during our kickoff meeting.
7. Also included are two 1-on-1 coaching sessions for each leader; the first taking place prior to kickoff (or as close to it as possible) and the second taking place after group sessions have concluded.
8. Missed Sessions: We are aware that sometimes unforeseen conflicts will arise with a scheduled group coaching session. Each member is entitled to make up one missed group coaching session by scheduling a 1-on-1 session with me.