

Fall/Winter 2019-2020 Preliminary Schedule

Date	Timeframe	Topic Overview
Sept 20	11am – 2:00pm	Live Kick-off Meeting! <ul style="list-style-type: none"> > Get to Know Each Other > The Leader I’m Becoming – Looking ahead and setting intentions for our journey > Making Group-work Work: a look at Projection & Shadow > Leadership & Self-Deception > Review of Coaching Logistics
Oct 4	11:30am – 12:45pm	Coaching Video Call #1 <ul style="list-style-type: none"> > Leadership Presence > Self-Observation
Oct 18	11:30am – 12:45pm	Coaching Video Call #2 <ul style="list-style-type: none"> > Responsiveness vs. Reactivity > CDP Review part 1
Nov 1	11:30am – 12:45pm	Coaching Video Call #3 <ul style="list-style-type: none"> > Review our Triggers and Self-Reflection “A-ha’s” > CDP Review part 2
Nov 15	11:30am – 12:45pm	Coaching Video Call #4 <ul style="list-style-type: none"> > Mindset & Deeper Listening
Nov 22	11:30am – 12:45pm	Coaching Video Call #5 <ul style="list-style-type: none"> > Listening Within, Making <i>essential shifts</i> in our inner dialogue, part 1 > What do you tell yourself about you, about others, about the circumstances?
Dec 6	11:30am – 12:45pm	Coaching Video Call #6 <ul style="list-style-type: none"> > Listening Within, Making <i>essential shifts</i> in our inner dialogue, part 2
Dec 20	11:30am – 12:45pm	Coaching Video Call #7 <ul style="list-style-type: none"> > Review key concepts from Leadership & Self-Deception > How/When/With whom are we noticing these in our lives? > Set intention for the remainder of our coaching together
Jan 3	11:30am – 12:45pm	Coaching Video Call #8 <ul style="list-style-type: none"> > Engagement & The Language of Empowerment
Jan 17	11:30am – 12:45pm	Coaching Video Call #9 <ul style="list-style-type: none"> > The Neuroscience of Change and the SCARF model
Jan 31	11:30am – 12:45pm	Coaching Video Call #10 <ul style="list-style-type: none"> > Change (continued) & Transitions
Feb 14	11:30am – 12:45pm	Coaching Video Call #11 <ul style="list-style-type: none"> > Create individual Roadmaps to guide our continued growth.

Schedule 1-on-1 Completion Sessions