

Leadership Coaching

Empowering you for a **Life fully loved**

Empowered Leadership

Are you tired of attributing your success to luck and want to lead from a place of empowerment instead? Become an empowered leader today with the tools and strategies you'll gain from the Leadership Coaching package.

Format

- 7 sessions
- 60 minutes for each session, except:
 - Session 1 = 30 minutes
 - Session 2 = 90 minutes
- Online video for all sessions, except:
 - Session 6 = in-person meeting (can be online if you prefer)
- Homework after each session including surveys, exercises, and assessments

Session	Topic	Session Goals
1	Intro	Overview of Empowered Leadership Package, Expectations, and Outcomes
2	Discovery	Self-Awareness
3	Mindset	Impact of Mindset on Performance, Relationships, and Wellness
4	Viewpoint	Innovative Perspective-Seeking Methodology
5	Navigate	Understand your Work Environment
6	Energy Optimization	Energy Optimization
7	Impact	Reflect on Achievements & Set New Goals

Key Learnings

By the end of this coaching, you will have achieved the following:

- Expanded your self-awareness;
- Understood the impact of a positive mindset on performance, relationships, and wellness;
- Adopted multiple perspectives on any topic;
- Navigated your work environment with ease;
- Learned how to expend your energy optimally.