



GROUP COACHING

FINDING YOUR LEADERSHIP VOICE

Is it time to identify your leadership style? Do you want to improve your influence and communication with team members? Have you received feedback you are not sure what to do with? If you answered yes to any of those, then this course is for you. This program is designed for leaders at all levels looking to develop their leadership skills and positively support others in the workplace.

"I recently attended Rachael's group coaching sessions and it was the best professional development experience of my career. She helped me so much in identifying the kind of leader I want to be and provided concrete exercises to develop the skills to support my vision. Rachael is an extremely gifted coach I can't recommend her highly enough." ~ Health Plan Practice Leader

Group coaching is a facilitated process, the group has a common theme, and individuals integrate their personal goals. One of the benefits is the opportunity to leverage the experience of the entire group. You will explore a range of leadership concepts, learn from others, while maintaining the focus on your goals and where your learnings can be put into practical, action-oriented application. As your coach, I will bring you relevant topics, introduce concepts or alternative ways of thinking, and facilitate dialogue and learning amongst the group. Some topics may lend themselves to an activity, where others are more didactic in nature, but for all sessions, most time will be lent to self-exploration and discussion.

- **Week 1:** Identifying your values; What is great leadership?
- **Week 2:** Your workplace behavior style with The Predictive Index ®
- **Week 3:** Authentic Leadership. Servant Leadership. Transformation Leadership. Oh my! Which do you lean on?
- **Week 4:** Emotional Intelligence. Why how you show up is essential in your work.
- **Week 5:** Appreciative Inquiry. Calling upon our success to leverage our strengths.
- **Week 6:** Maintaining engagement and monitoring energy in a virtual world.
- **Week 7:** Managing Up & Influencing; Negotiating your leadership style with others.
- **Week 8:** Power of Gratitude with yourself and others. Putting it all together.

Audience: Managers, Directors, Project & Program Managers, Leaders at all levels.

Price: \$975 Includes the PI ® assessment, materials, 30-minute 1:1 coaching session (\$195 value).

When: Starting September 22, 2022, through November 3, 2022. Thursday 10:30a pst/1:30p est

*First session is 90 mins. Remaining sessions are 75 minutes.

For more information and to register visit www.RachaelGass.com/group-coaching/

