



## GROUP COACHING

### *Your Leadership Journey Enriched*

Are you ready to bring all your experience as a people leader to refine the impact you have? Are you feeling stagnant in how you are show up for those in your care? Are you getting the results from your team? This 5 -week program is designed for those wanting to have a fulfilling experience in leading others, where they seek out your leadership.

*"I had the pleasure of being part of Rachael's group coaching sessions. The weekly topics, group discussions with individuals across multiple industries and positions, real life examples used to apply the leadership concepts, and resources provided made this engaging, educational, and practical rather than a format of simply presentations and lectures. The confidence in my leadership style and application grew exponentially by the end of this session. I would highly recommend it to anyone ready for that next step into not just managing but truly leading or those who have been in leadership positions but are looking to deepen/expand their skills." Finance Controller*

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.

This group experience is a cost-effective way to learn more about yourself, your strengths, and opportunities, and identifying what values you want to invest in to optimize your impact as a leader. The learning and personal development is enriched from sharing experiences amongst the group and reflection about your opportunities in alternative ways. 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:** What is your brand? Your experiences translated into your leadership style.
- **Week 2:** Emotional Intelligence EQi 2.0. Deeper dive into you and why EQ is crucial.
- **Week 3:** Coaching Others: Giving kind and impactful feedback. How to identify strengths and positively discuss about opportunities.
- **Week 4:** Equity, Inclusion, and Diversity; Identifying your biases; Levering the diversity surrounding you.
- **Week 5:** Making the most of your communications and harnessing your voice.

**Audience:** Managers, Directors, People leaders. (Maximum 8 participants)

**Price:** \$799 - Includes EQi 2.0, materials, and a 30-minute 1:1 coaching session (\$215 value).

**When:** September 20- Nov 15 2:00 pm pacific. Sessions are bi-weekly for 75-90 minutes.

**For more information and to register visit [www.RachaelGass.com/group-coaching/](http://www.RachaelGass.com/group-coaching/)**

