



## **Group Coaching Program for Women in Leadership – 6 Sessions (1.5 hour each, in person or by teleconference, skype, zoom)**

Leadership is about you, how you are as a person, how you manage yourself and how aware you are of what gets in the way of your success. It is about you and it is about people. Who you are ultimately has everything to do with how successful and happy you are.

The coaching program for women in leadership utilizes hypnotherapy, psychological and coaching tools, assessments and techniques, discussion and questions to create break through which hopefully results in higher performance.

**Content** (some or all of these topics may be covered in our sessions. Depending on group needs and goals, content will be adjusted):

- Stress – utilizing assessments for benchmarks, participants will identify what is causing stress and techniques to address it.
- Boundaries – identify what is your responsibility and what is not; how to make decisions and say no from your core values.
- Self-defeating thinking – identifying and addressing *perfectionism and people-pleasing*.
- Positive psychology and self-compassion – employing the power of self-compassion to help you overcome regrets and move forward with positivity.
- Assertiveness – straight conversations; how and why to have them.
- Emotional Intelligence competencies such as self-awareness, emotional self-management, relationship building and decision-making.
- Dreams and goals – identifying values, what you really want from your life and work/career, and learning to set goals from your own unique set of values.
- Homework – assignments will be provided in between sessions to ensure the information is integrated and your goals are achieved.

### **Process:**

- Leadership coaching for women leaders– utilizing cutting edge and proven coaching techniques, Wendy is able to help you, the leader uncover limiting beliefs that impede your success and help you create new ways of leading yourself and others. Wendy is very skilled at helping you identify your leadership skills and gaps and assist you in communicating more effectively with your staff, colleagues and supervisors. She understands people and helps you understand yourself and others. Together, you design your leadership development coaching plan and goals for this time frame. Through the group coaching process, you will learn from other women leaders and receive valuable insight and support from one another.
- Psychology – with a strong background in psychology (education and experience), Wendy is able to help people understand barriers and create solutions and strategies to create success.



- Brain health – an introduction to this cutting edge process, utilizing the science of brain health and nutrition, to help you address over-stress symptoms, confidence, energy, lack of focus, feeling overwhelmed, negativity, motivation and more.
- Guided visualization and stress reduction techniques are utilized to help you more quickly and effectively release limiting beliefs.

**Commitment/expectations:**

- Attendance at all sessions. If you do need to miss due to illness, please inform Bonnie Hilts and Wendy prior to the session time.
- Homework: This is fun homework! Homework to make you think and take you deeper. Homework to help integrate the change in your work and life! Recommendations for exercises and homework will be made at each session.
- Engage in the process, material and you! This is time set aside for you...to discuss you, to think about you, to reflect on you, to integrate changes into your life that will create the change you desire.
- Have fun. We all have our stuff; we all have our challenges; and, we all have our strengths. By discussing who we are, what we do, what we think and how we feel, we change. We feel supported and encouraged.
- Confidentiality: SO important for you and for others. It is expected that all personal and professional stories and challenges discussed are kept confidential. You are free to discuss the material and what I share.
- Arrive early: So we can start on time and keep to the schedule and respect everyone's time.
- Questions: Any questions, concerns or inquiries prior to starting these sessions or as we move along, please feel free to contact me w.tl@sasktel.net or 306-789-1871

Cost: Contact Wendy to discuss costs.

**Wendy Turner-Larsen Leadership/Health Coach, Training Consultant, Speaker**

Wendy's educational background; a Master of Arts in Adult Education (Leadership thesis), a Master of Arts in Counselling/Psychology and a Master of Science in Health and Nutrition (neuroscience) are the strong foundation to which Wendy has added more than 14 years experience as a professional coach, 18 years as a psychotherapist/psychologist, and 30 years teaching, speaking and providing leading edge leadership development to her clients.

Through her business, INTERSECT, Turner Larsen Consulting, she provides a wide range of leadership/executive/health coaching and corporate training initiatives. Her expertise as a human behaviour expert, lies in the area of leadership development utilizing emotional intelligence in the workplace, neuroscience and how this relates to leadership and peak performance, emotional wellness and stress management as a foundation to leadership and how to effectively create work cultures that are emotionally smart. She is a licensed facilitator of the emotional intelligence program and workshop known as Emotional SMARTS® and is the designer and facilitator of the Personal Excellence Program, a 2 day transformative workshop addressing key emotional intelligence competencies and Resilience and Stress Management at Work an innovative and holistic approach to developing workplace and personal well-being. A much sought after leadership and executive coach, Wendy is also an insightful and engaging facilitator and communicator.

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