

ELMM Coaching Cohorts

We all need a safe space to fail small so we can succeed BIG. *This is that space!*

Explore a range of critical topics, with a consistent emphasis on refining communication skills, boosting confidence, cultivating executive presence, and championing inclusive leadership.

Feedback is a gift, when delivered well.

Constructive feedback, delivered with empathy and tact, is always valuable. We will work together to define the key principles, then practice offering and receiving feedback regularly to enable exponential growth!

Communication falls flat without active listening.

Group discussions and peer mentoring time will allow us to practice communicating with intent, with a special emphasis on active listening. We'll acknowledge our advice monsters and possibly shift our mentoring style from consultant to coach.

Group Sessions Typical Agenda:



Intro & celebrating wins	10 mins
Rotating presentations w/ feedback	20
Mental wellness skills	5
Introduction of session theme	5
Breakout discussion/activities	15
Group discussion	20
Independent reflection	5
Mentoring moment	5
Close w/ actions	5

Next Cohorts: September to October 2024

Choose Your Preferred Time:

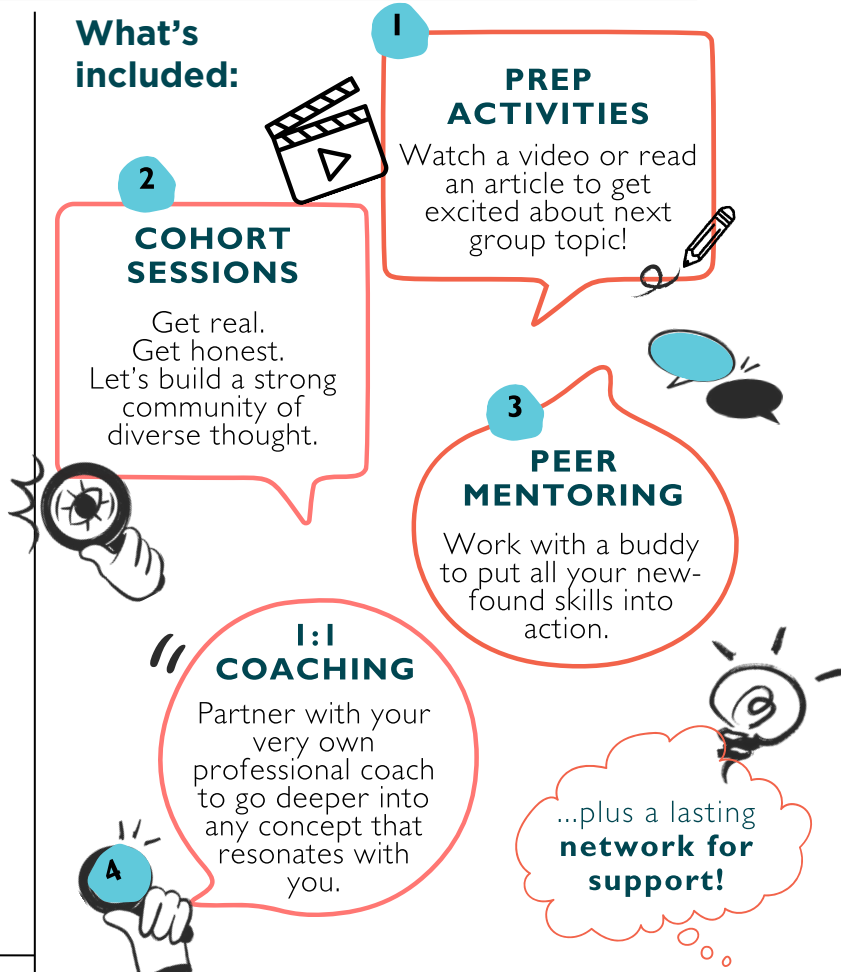
Wednesdays, 11:30 - 1:00PM EST

Fridays, 3:30 - 5:00 PM EST

Six Themed Sessions

- The power of connection & feedback
- Strengths & obstacles
- Authentic success
- Living our best lives.
- Inclusive Leadership at All Level
- Breaking systemic bias

What's included:



» And More!

- We'll have fun with socially awkward happy hours.
- Unlimited access to your private cohort page with resource links, recording, and much more.
- Connection with a broader community of mid-career working parents and women.
- And of course, a workplace strengths assessment!

Financial Investment: \$495

Discounts available before September 1, 2024.

Scholarships will be made available to qualified participants.



1

Workplace Style Assessment to identify and celebrate your **STRENGTHS!**

2

1:1 **COACHING** Sessions to dig deep into your goals and next steps.

6

Facilitated group sessions to gather **PERSPECTIVES** on challenging topics.

3

Months of ongoing **NETWORKING** and development opportunities.

4

Peer to peer **MENTORING** opportunities to learn from across multiple industries.

2

Virtual Happy Hours to take the growing **CONNECTIONS** out of the formal class structure.

Cohort Overview

