

# Fearlessly & Unapologetically You

## Leadership & Well-Being Coaching Model

**Yes, many of us show up to work and lead people.** It is what we get paid to do. But how many of us can do this with a whole and fearless heart? How many of us can continue to hone and improve our leadership skills while also being a beloved family member, friend, etc.? Being a transformational leader...while taking care of ourselves and our families can be exhausting if not done with intention.

### What does coaching look like?

**Start here** – Let's assess strengths, weaknesses and areas for development. How are you showing up in the workplace? At home? With yourself? This can come from interviews, surveys, or direct feedback from peers and colleagues. This is essentially a good personal brand check in and adult time out.

**Go there** – We can't tackle it all. Based on what we know and what we want to change, what are realistic goals? What areas of our life need the most attention?

**Adjust course** – Sometimes satisfying our own goals requires us to learn new skills – like how to lead with more grace, how to communicate better, improving our emotional intelligence, improving how we tackle decision making, how we manage conflict, how we take care of ourselves or how we stay connected to our families and friends. As a human with a background in counseling, I am a mega-fan of adjusting course as life happens.

**Pause for progress** – This is the fun part. You are committed to do some work. You are experimenting. You are asking for feedback. And there is likely some glory to be seen and felt.

**Restart if needed** – If plans are aggressive enough, there is a good chance things will happen. Progress will ebb, flow and perhaps even cease. Let's own this. Let's discuss. Let's restart

**Identify the next frontier** – Since we can't change, hone or tweak everything at once, let's identify what the next frontier is? What is the next thing begging for our time and attention that has the most personal and profound return on investment?

*This 1:1 coaching model can evolve into group coaching and is often [complemented by in-person workshops](#) where people can openly share what they are working on and why. 1:1 coaching is \$140 an hour and I recommend bi-weekly sessions.*

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