

Looking for a new creative way to
build a great team of leaders?

Level-Up By Joining Leadership Coaching Gyms



What is it?

A Coaching Gym is a unique type of group coaching for a specific audience. Each session will have up to 8 participants whom our certified coaches will challenge to expand their knowledge and awareness as they grow into the BEST version of the Leader they want to be. Each topic is designed to meet the group's learning capacity level. Attendees can expect every action-packed session to be skill-focused, interactive, accountability-driven, results-focused, and feedback infused.

Who is it for?

Organizations seeking a long-term leadership development approach that are committed and have the courage to transform their culture and ignite the Energy of SUCCESS in their people! Many think, "I know how to lead people," when, in fact, that mindset is what is blocking their success. Effective Leadership is not a skill you are born with. It is a set of tools, skills, and processes that must be learned and practiced. It is a Journey! YOU NEVER STOP LEARNING how to lead. To be an effective leader, you must be consistent with the "workout" to expand your muscle of awareness to LEAD, influence others, and make a BIG Difference.

FOR MORE INFORMATION

 706-594-1156



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www.CulturalAlignmentSolutions.com

What value would your company gain if your leaders could find more time in their day to “get stuff done” while minimizing negative conflict, reducing stress, creating stronger positive conversations, and getting more balance into their lives? These hands-on virtual training's focus on the top provoking issues that can challenge any leader.



Participants in this program will:

- Learn foundational truths to bust up the most common myths that block success.
- Create individual action plans for “NEW” ways of "BEing" and “DOing.”
- Build relationships and set up accountability for action and consistent follow-through.
- Be coached to move forward and BE empowered to get RESULTS.
- Experience the opportunity to gain awareness and clarity around personal power, motivation, delegation, setting boundaries, and having tough conversations.
- Learn to let go of mediocrity and replace it with an accountability mindset.

Most popular topics:

4, *6, or *8 Virtual sessions depending on the topic.

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| ◦ Conflict | ◦ Communication (*6 Weeks) |
| ◦ Change Management | ◦ Time Management |
| ◦ Accountability | ◦ How to be an Influential Leader |
| ◦ Stress | ◦ Frontline Leadership Skill-Building (*8 Weeks) |
| ◦ Emotions and Triggers | ◦ Developing a Coaching Culture |
| ◦ Success Influencers | ◦ Energy Awareness - How You Show Up as a Leader |
| ◦ Letting the Boss Go | ◦ DISCover how you show up as a leader |
| ◦ Work/Life Balance | ◦ (*Assessment required priced separately) |

Custom Topic Development priced separately - Reach out for a FREE Strategy call

Program Investment:

- \$440 per Group Session - All materials included

LET'S GET STARTED!

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