



*Insightful* LEADERS INDIVIDUAL COACHING PROGRAM

**The loudest voice in the room is the one inside your head**  
***What's that voice telling you?***

Is it seeding doubt or confidence? Is it reluctant or aggressive?  
Is it frustrated with your work, boss, co-workers or all of the above?  
Is it afraid to make that big career change that you've been dreaming of?

Would it help you to have a partner who can assist in gaining insight into and rewrite those internal stories?

Would you benefit from a confidant outside of your work environment to collaborate in your success and growth?

And, would it be valuable if you had unlimited access to that confidant?

That's where the *Insightful* Leaders Individual Coaching Program can help. It is tailored and personalized to your situation and needs.

You see, the stories in your head shape your work relationships with colleagues, the approach you take to your career, and the actions you opt to pursue or neglect. The good news is that unhelpful behaviors can be rewired, ...but it takes focused, intentional action. That's where individual, personalized, targeted coaching pays off. A research study showed that a training program alone increased productivity by 28% and the addition of a coaching component increased productivity by 88%.<sup>1</sup>

The *Insightful* Leaders Individual Coaching Program includes:

- 30-minute initial consultation to discuss your specific goals
- Business DNA Behavior self-assessment summary report (5-page report with access to more)
- Unlimited 20-minute phone, video or email coaching sessions for six months
- PDF of my book, *Think Less Live More: Lessons from a Recovering Over-Thinker*

The *Insightful* Leaders Individual Coaching Program kicks off with a 30-minute meeting by phone or video. In that meeting we identify your goals, objectives and desired outcomes from the program. Maybe you need:

- support with a difficult work relationship,
- Techniques to more effectively manage staff,
- Strategies to position yourself for the next promotion,

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<sup>1</sup> The Neuroscience of Leadership. David Rock and Jeffrey Schwarz.

- Analysis of assess career options,
- Approaches to enhance your personal brand,
- Improving communication or presentation skills,
- Clarity to navigate a career shift or more.

You decide and I work with you to identify specific actions as first steps toward your goals.

Next, we will create a tailored, specific homework for you to complete. Also, you will receive access to the Business DNA Behavior self-assessment that will provide additional insights into your personal communication and work style. Upon completion of the homework and the self-assessment, you schedule unlimited 20-minute phone, email or video sessions over a period of six months from our initial call. At the end of the six months, we will reassess your progress and create a list of next steps so that your personal and professional growth continues after the *Insightful* Leaders Individual Coaching Program concludes.

**Guarantee:** As an added benefit, if after the first 30-minute session you do not feel confident that this program is right for you, I will refund your money. You have no risk to get started.

**The loudest voice in the room is the one inside your head. Make that voice count!**

**\$997 per person**

Most people *hope* for success but rarely invest in themselves to make it a reality. If you are not “most people”; are serious about your personal and professional growth; are changing careers; working toward a specific goal, or if you want to live a more fulfilling life – Shelley has done it and is here to support you.

Shelley was an executive in a large organization; made a significant and risky career shift, dealt with entrenched bureaucracies; and led organizational change (several times). She can assist you to achieve your goals.

Shelley is ACC certified through the International Coaching Federation. She is a former government and association executive and, now, she is a sought-after speaker, trainer and consultant. *Inc. Magazine* names Shelley as one of the top 100 leadership speakers.

Note that this program is intended for individuals. For information on corporate or team coaching, contact Shelley.

**Contact Shelley at**  
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