



**Group Coaching Program for Women in Leadership – 6 Sessions
(1.5 hour each, in person)**

Location: 2161 Scarth St., Regina SK

Dates: October 26, November 9, November 23, December 7, January 11, January 25

Time: 3:00 – 4:30 each day

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.
- Hypnotherapy - hypnotherapy is utilized to help you more quickly and effectively remove limiting beliefs at the subconscious level.

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: \$1100 + gst per person Registration Deadline: October 19, 2016

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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Wendy Turner-Larsen MA MA MS ACC
306-789-1871 T w.tl@sasktel.net www.turnerlarsen.com

Registration Form - Women's Leadership Group Coaching Sessions:

Date: _____

Name: _____

Organization: _____

E-mail: _____

Phone number: _____

Payment: _____ cheque (I will email you an invoice) _____ (by credit card through PayPal only. You do not need a paypal account to pay in this manner. Who do I send the invoice to? _____ (email address)

Cancellation Policy:

I have read and agree to the cancellation policy below: _____yes _____no

Registration Agreement

Complete registration form and submit by fax (306-789-2056 or email w.tl@sasktel.net). Be sure to read the cancellation policy and sign this form. Confirmation of your registration will be emailed back to you along with workshop information and attached invoice. If you are paying by credit card, instructions will also be emailed to you to complete the transaction.

- **Registration** fee of \$1100.00 + gst needs to be paid in full 2 weeks following your email registration.
- **If paying by cheque, send payment to:**

Turner Larsen Consulting
Wendy Turner-Larsen
338 University Park, PO Box 21028 Gardiner Park
Regina, SK S4V 1J4

- **Make cheques payable to:** Turner Larsen Consulting

Cancellation Policy:

Following confirmation of your registration by email, if you wish to cancel, you may do so by contacting Wendy Turner-Larsen by email. There will be a \$150.00 fee charged for cancelling your registration prior to **one week before the workshop starts (the registration deadline)**. If you wish, you can transfer your registration to someone else if you notify Wendy of the change prior to the registration deadline at 5 pm. If you choose to cancel after the **registration deadline**, there will be no refund and your registration is not transferable. If you wish to transfer your registration to another workshop, there will be a \$50.00 charge. If cancellation is due to illness or medical emergency, your workshop cost will be refunded to you in full.

Signed by Registrant

Email to w.tl@sasktel.net or Fax to 306-789-2056

Thank you for your interest in my services.

Wendy Turner-Larsen, Training, Coaching, Consulting

M.A. Counseling/Psychology M.S. Health & Nutrition Education M.A. Adult Education (Leadership)



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