

Finding **BALANCE TO LEAD** *in Times of Crisis*

12 Week Group Coaching Program

April 20th - July 6th

Monday Night Weekly Coaching Session 7-8pm EST
Workflow Wednesdays Coaching Session 12-12:30pm EST
Feed Your Soul Fridays Coaching Session 12-12:30pm EST

Week 1: Mindset and Conscious Interventions to Manage Stress and Anxiety

Week 2: Managing Expectations in Critical Times

Week 3: Finding the Balance between Work and Home Life

Week 4: Important vs. Urgent Matrix

Week 5: Setting Priorities and Boundaries to Optimize Your Performance

Week 6: Delegating to a Virtual Team

Week 7: Leadership to Support Teams Remotely

Week 8: Organizing to overcome Overwhelm

Week 9: Effective Communication and Psychological Safety

Week 10: Protecting your Castle by building a Moat (Creating Boundaries with your team)

Week 11: Creating a Daily Routine to increase your Productivity while maintaining balance in your life

Weekly 12: The Shift from Surviving to Thriving.