



# Unlock Your Potential with Professional Coaching

Welcome and Thank You In Advance for Attending  
April/May 2022



# Welcome and Introductions

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Raleigh Area  
Charter Chapter



Charlotte Area  
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# Agenda

What is Coaching?

How Can I Use My Coach?

What to Expect

Timeline

What are Your Questions?

Next Steps



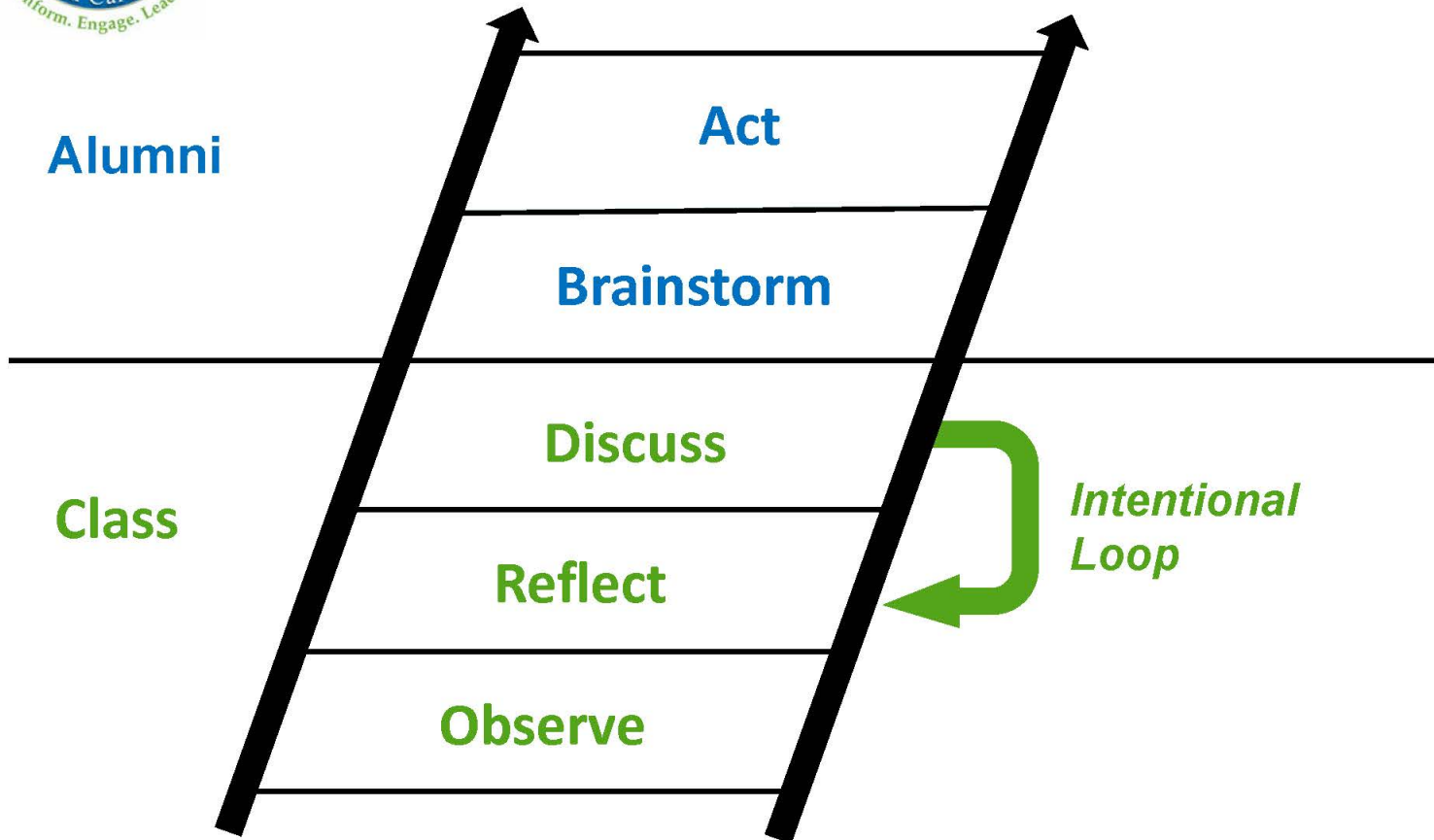
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# LNC Learning Model



**Congrats!**

What is your biggest challenge as you transition from the **Green** to the **Blue**?



**What is your desired outcome you are seeking in the months ahead?**

**What are the obstacles that are keeping you from getting to where you want to be?**

## What is coaching?

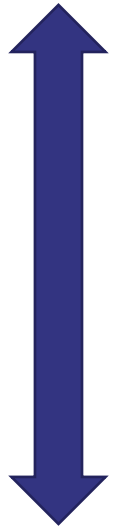
- ICF defines coaching as partnering with clients in a thought-provoking and creative process
- A collaborative process with a neutral party who has no agenda
- An opportunity to efficiently unlock your potential (or transition from green to blue)





# Coaching vs Other Activities

*Directive*



**Managing** – working with team members to accomplish daily tasks and meet organizational goals

**Leading** – guiding in a direction and motivating team members to work toward a vision

**Mentoring** – sharing knowledge and wisdom to educate and develop a less experienced individual

**Coaching** – facilitating growth and change by evoking an individual's own resourcefulness

*Participative*



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## How can I use my coach?

- To develop my leadership presence in a focused and authentic way
- To live a more balanced and fulfilling life
- To take my company to the next level
- To address business problems that need solving
- To manage conflict more effectively
- To improve health and a sense of well-being
- To address an unsatisfying career
- To go into business for myself







# What to expect:

- To be challenged
- To be encouraged
- To confront limiting thoughts
- To be affirmed
- To be asked thought-provoking questions
- To be supported
- To Unlock Your Potential



Unlock Your  
Potential

# LNC Coaching Timeline

**Sign-up for Coaching**  
By May 20th

**30-minute "Coaching Chemistry" Session**  
By June 15th

**Coaching Session 1**

**Coaching Session 3**

**Matched with Your Coach**  
By May 23rd

**Sign Coaching Agreement**  
By June 22nd

**Coaching Session 2**

**Closeout Coaching Engagement**  
By September 15



# What are your questions?

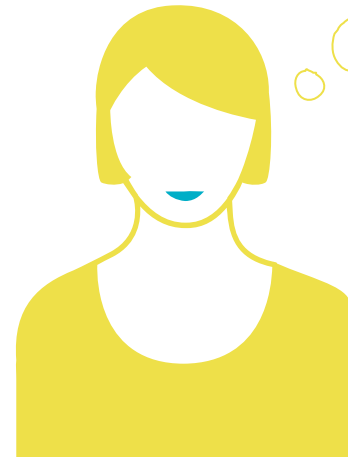
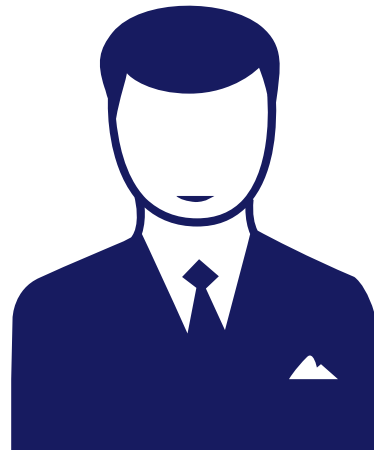
*Do I have time for this?*

*I'm not sure what to "work on".*

*Can I really make progress in 3 meetings?*



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# Ready to Give It a Try?

- Visit the [LNC Coaching Partnership Page](#)
  - Complete the [google form](#) by **May 20**
  - You will be matched with a coach by **May 23**
- Invitation to “Check Out Coaching”
- [May 17<sup>th</sup> \(5 – 9 PM\) Event](#)
  - [May 21<sup>st</sup> \(10am – 2PM\) Event](#)



# Thank you!

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