



## **EXECUTIVE LEADERSHIP COHORTS (2022-2023)**

**Building Leadership, Increasing Effectiveness**

---

Thank you for your interest in the **Executive Cohort** starting in September 2022.

Cohorts are designed to **facilitate and accelerate your trajectory** by fostering two **key indicators of effective leadership**: (1) a heightened ability to move beyond “how it’s always been done” with an informed, innovative and high-level (macro) view (across organizations, geographies, industries, approaches, etc.) and (2) the confidence to lead with momentum and make things happen.

The Cohorts program includes group and individual coaching while providing a forum for feedback, support from and meaningful bonds with a diverse group of fellow executives. These bonds can continue well beyond the initial program and serve the basis for a new “personal board of advisors” to help you weather challenges and leverage opportunities.

---

### **Leadership Development**

From **September 2022 to February 2023**, the Cohort will center around five leadership themes:

**Executive Presence • Strategy & Execution • Assertiveness & Influence**  
**Professional Networking • Personal Branding**

---

### **Membership Criteria**

This Cohort may be a fit if you hold:

- a significant leadership role, making a meaningful impact on key organizational objectives and interacting with members of senior management and/or the board, investors or other relevant stakeholders on a regular basis, and
- professional experience of 10-20+ years and an advanced degree such as a JD or MBA or 4-6+ years following a PhD or 20+ years and rapid successive advancement.

Significantly  
accelerate your  
professional  
advancement without  
compromising your  
health or sanity.

Achieve meaningful,  
sustainable  
transformation to  
align your career  
with your own  
values and  
priorities.

Join a community  
of leaders as  
allies who are on  
a similar path.

# **EXECUTIVE LEADERSHIP COHORTS (2022-2023)**

**with Segal Coaching LLC**

---

## **Overview of Meetings**

**Cohort Group Meetings:** One session a month on either Tuesdays or Thursdays (at your option, with up to eight members in your primary group). These meetings are facilitated by Anne Marie Segal.

**Small Group Meetings:** One session a month as scheduled among 2-3 Cohort members. During the course of these small group meetings, you will connect with everyone in the Cohort.

**Executive Coaching:** Two individual 45-minute sessions with Ms. Segal, scheduled as mutually convenient, to further explore the leadership themes above.

**Optional December Event:** “Mixer” in December among all Cohort members.

All meetings and events will be **held online**, so there is no travel or commute time to attend.

## **Cohort Group Meetings**

You should **choose one of the following days as your primary meeting day** but may attend one month’s session on the alternate day to avoid conflicts with other obligations.

**Tuesdays:** 9/13, 10/4 and 11/15 (2022); 1/10 and 2/7 (2023)  
11:30 am-12:30 pm ET / 10:30-11:30 am CT / 8:30-9:30 am PT

**Thursdays:** 9/8, 10/6 and 11/10 (2022); 1/12 and 2/9 (2023)  
1:00-2:00 pm ET / 12:00-1:00 pm CT / 10:00-11:00 am PT

---

## **Membership Options**

**Early membership:** Single payment of \$1,500 by Monday, August 8, 2022.

**Regular membership:** Two equal installments of \$800 by each of Wednesday, August 10, 2022, and Wednesday, August 31, 2022, respectively.

Veterans will be extended a **10% discount**.

---

## **For More Information**

Please [click here](#) to view the Slide Deck or visit [www.annemariesegal.com/cohort-app](http://www.annemariesegal.com/cohort-app) for more information about the Executive Leadership Cohorts (2022-2023).

For information about Anne Marie Segal, executive coach and facilitator of the Cohorts program, you can access her LinkedIn profile at [www.linkedin.com/in/annemariesegal](http://www.linkedin.com/in/annemariesegal).