



CONFIDENCE COACHING COHORT (January-June 2023)

Building Leadership, Increasing Effectiveness

Thank you for your interest in the **Confidence Coaching Cohort** starting in January 2023.

Cohorts are designed to **rapidly and significantly increase your confidence level** to overcome current and long-standing personal and professional challenges.

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.

Confidence-Building

From **January to June 2023**, the Cohort will address the following:

*Channeling Courage • Letting Go of Perfectionism • Giving Yourself Permission • Increasing Resilience
Projecting Confidence • Showing Up as a Leader • Authentic Personal Branding
Professional Networking • LinkedIn® Profile & Strategy • Confidence in High-Impact Situations
Recognizing Your Personal Strengths (Group Exercise)*

Membership Criteria

The Confidence Coaching Cohort may be a fit if you are currently (and have been for 5+ years) in a high-level leadership role at a public or private company or large-scale non-profit organization.

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.

CONFIDENCE COACHING COHORTS (January-June 2023)

with Segal Coaching LLC

Overview of Meetings

Cohort discussions: **Six 90-minute sessions over six months** on each of the dates below (all Thursdays except April 11) to be held at 12:00-1:30 pm ET / 11:00 am-12:30 pm CT / 9:00-10:30 am PT. Ms. Segal will facilitate these discussions.

Cohort session dates: **January 5, February 2, March 9, April 11, May 11 and June 8, 2023**

Individual coaching session: **One 45-minute session** to be scheduled at the participant's and Ms. Segal's mutual availability.

Cohort-led, small-group sessions: **Five 45-minute sessions over five months** (one per month), as scheduled among the small-group members.

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

Membership Options

Cost of the program: \$1,850

Payment is due within five (5) business days of acceptance of your application, unless other payment arrangements have been made in advance. Payment information will be sent to individuals approved to join the Cohort at the email address provided in the application or, if your organization will be covering the fees, to the individual you designate.

10% discount for (1) veterans or active military members and (2) any members of a prior or concurrent Cohort program or clients of Segal Coaching LLC.

For More Information

For more information about the Confidence Coaching Cohort (January-June 2023), please visit:

<https://annemariesegal.com/confidence-cohort-2023>.

For information about Anne Marie Segal, executive coach and facilitator of the Cohorts program, you can access her LinkedIn profile here:

www.linkedin.com/in/annemariesegal.