

# Group Coaching Tracks

## Track 1

### Executive Leadership- Lead with Impact

**Audience:**

Senior leaders, executives, and change agents ready to elevate how they lead themselves, others, and their mission.

**Core Focus:**

Strategic leadership, emotional intelligence, values-based decision-making, team empowerment

**Outcomes:**

Lead with clarity, influence with integrity, create a legacy

## Track 2

### Mid-Career Women Ready for More

**Audience:**

For women in their 30s-50s considering career change or business launch, focusing on identity shifts, confidence, values alignment, and reinvention.

**Core Focus:**

Strategic leadership, emotional intelligence, values-based decision-making, team empowerment

**Outcomes:**

Redefine success, make bold decisions, step into aligned purpose.

## Track 3

### Entrepreneur Coaching- Build What's Yours

**Audience:**

For aspiring/early-stage entrepreneurs, focusing on business vision, mindset, systems, pricing, marketing, and sustainable action.

**Core Focus:**

Money mindset, sales confidence, results

**Outcomes:**

Build your foundation, own your value, move forward with a plan.

## Track 4

### Navigating Forward – Coaching for the Brilliant but Scattered

**Audience:**

For individuals (often women 30-40) with ADHD traits, focusing on pattern recognition, executive function, shame resilience, energy management.

**Core Focus:**

Self-Compassion, Focus, Systems

**Outcomes:**

Reframe your brain, find what works, move forward on purpose.