

**Replace “BusyNess” With Intention and Focus:  
Achieve success through guided structure, support and focus!**

- Are you ready to achieve your highest priority intentions and desired outcomes this year?
- Would you like encouragement, support and accountability in balancing and creating what is MOST important to you, both professionally and personally?
- Would mentoring, coaching and support from professionals who understand your challenges help you be more successful, especially if you don't receive that level of support at work?

**If you answered “yes” to any of these questions, this program was designed for YOU!**

**This telephone group coaching program is designed for women and men in management/leadership positions (including business owners) and includes the following components:**

- **One (1) 30-minute individual telephone coaching session** in September to clarify your intentions/goals before program begins (or within two weeks of program kickoff). Additional individual coaching sessions, if desired, will be available at discounted fees for program participants.
- **One (1) 1.5 hour group telephone coaching session every two weeks** (6 group calls) where group members help keep each other accountable to goals by receiving group coaching, insights and resource recommendations in the areas you may be “stuck” and/or would like additional perspectives. Maximum group size of 10.
- **“Powerful Goal Setting: 6 Steps to Meaningful Business and Personal Achievement”** audio and workbook program to help you clarify values and your highest priority goals and intentions (details at <http://www.goalsinsight.com/products/index.html>)
- **“Team Toolbox: Audio Workshops to Remodel Your Team to Greater Productivity”** audio downloads to help you further enhance your leadership skills (details at <http://www.goalsinsight.com/products/index.html> )
- **Optional “Program partner” calls** where you will be invited to touch base with a “program partner” during the weeks that the group doesn't meet in order to maintain momentum and progress (optional for participants who want this extra level of support)

**Fall 2010 Group Program Dates/Times** (group meets every two weeks via telephone; calls will be recorded):

- **Tuesday, September 21** from 12:00 to 1:30 pm pacific (3:00 to 4:30 pm eastern) time
- **Tuesday, October 5** from 12:00 to 1:30 pm pacific (3:00 to 4:30 pm eastern) time
- **Tuesday, October 19** from 12:00 to 1:30 pm pacific (3:00 to 4:30 pm eastern) time
- **Tuesday, November 2** from 12:00 to 1:30 pm pacific (3:00 to 4:30 pm eastern) time
- **Tuesday, November 16** from 12:00 to 1:30 pm pacific (3:00 to 4:30 pm eastern) time
- **Tuesday, November 30** from 12:00 to 1:30 pm pacific (3:00 to 4:30 pm eastern) time

**Group size is limited, so register now to save your space and get started  
(see page 2 for registration details)!**

### **Additional Details:**

- Investment is \$225 per month per participant - first payment will be collected via check upon registration, with each of the remaining two payments (October and November) paid via check by the 1<sup>st</sup> of each month
- You will be responsible for any usual long distance phone charges (depending on your phone carrier) to join group and/or “program partner” calls
- If you need to miss a group coaching call, each group session will be recorded and a link provided after each call to listen to the audio recording
- You are welcome to choose any intentions/goals that will support you in your professional and/or personal life where you want the most help - previous participants have received support on Leadership Skills, Work-Life Balance, Health / Weight Loss, Career Changes, Relationships, Parenting / Household Harmony, Finances and other intentions

### **Comments from a few previous participants:**

- “This group continues to be a powerful source of inspiration, motivation, focus and accountability in achieving my professional and personal goals!”
- “VERY helpful to hear feedback from different perspectives”
- “It's especially great because we don't get this support from work”
- “The biggest benefits are receiving support/accountability in achieving my goals, inspiration and networking”

### **Program facilitator:**

Cheryl Mann, MBA, PCC, CPCC, has been consulting and coaching with organizations, executives and leaders for more than seven years in her current role as President/Founder of Goals InSight, and sixteen years in prior roles, across industries ranging from health care and information technology to not-for-profit and public sector organizations. Cheryl works with both teams and individual leaders to support them in powerful transformations and results! Complete details are available at [www.goalsinsight.com](http://www.goalsinsight.com) .

### **Personal invitation:**

If you want to make the most of your professional and personal life, this level of support could be your missing link! Previous participants have received tremendous benefit in their work and home lives as a result of their active participation, and I invite YOU do the same. Join us for an exciting and dynamic coaching group this Fall!

Warmest regards,

*Cheryl*

**Questions? Need more information? Call us at (510) 482-8987 or send an e-mail to Cheryl Mann ([cheryl@goalsinsight.com](mailto:cheryl@goalsinsight.com)) or Susan Sullivan ([susan@goalsinsight.com](mailto:susan@goalsinsight.com))**

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### **How to register:**

1. Review program overview at [http://www.goalsinsight.com/programs/group\\_coaching.html](http://www.goalsinsight.com/programs/group_coaching.html)
2. Call Cheryl at (510) 482-8987 or send e-mail to [cheryl@goalsinsight.com](mailto:cheryl@goalsinsight.com) to hold your space; she will follow up with you to answer questions and ensure fit
3. Once your spot in the group has been confirmed, you will receive program materials