

Achieve Your Goals Coaching Group March 10 – May 19, 2009

"Conquering Chaos & Distractions: *The key to achieving all you want through structured support and focus*"

- ✓ Are you ready to set your intentions and desired outcomes for 2009?
- ✓ Would you like encouragement, support and accountability in balancing and creating what is MOST important to you, both professionally and personally?
- ✓ Would support and mentoring from like-minded professionals who understand your challenges help you create what you want, especially if you don't receive that level of professional development 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** to be used however you desire (e.g. at program start to solidify your goals, or during the three-month program at any time to help you get "unstuck" as you are working on your goals). Additional individual coaching sessions, if desired, are available at discounted fees for program participants.
- **One (1) 1.5 hour group telephone coaching session every two weeks** (a total of 6 group calls over the three-month period) where you and other group members stay accountable to your goals by receiving group coaching and group insights in the areas in which you are 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 reconnect with your values and clarify your highest priority goals and intentions using a values-based approach (details at <http://www.goalsinsight.com/products/index.html>)
- **Optional "Buddy" calls** (participants will be invited to touch base with a program "buddy" 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)

Group program dates/times (group meets every two weeks via telephone):

- **Tuesday, March 10** from 12:00 to 1:30 pm pacific (3:00 to 4:30 pm eastern) time
- **Tuesday, March 24** from 12:00 to 1:30 pm pacific (3:00 to 4:30 pm eastern) time
- **Tuesday, April 7** from 12:00 to 1:30 pm pacific (3:00 to 4:30 pm eastern) time
- **Tuesday, April 21** from 12:00 to 1:30 pm pacific (3:00 to 4:30 pm eastern) time
- **Tuesday, May 5** from 12:00 to 1:30 pm pacific (3:00 to 4:30 pm eastern) time
- **Tuesday, May 19** 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!
(upon registration, you will receive all program materials)

http://www.goalsinsight.com/programs/group_coaching.html

Goals *InSight*

Organizational Team Development, Business Strategy and Planning

Additional Details:

- Investment is \$225 per month per participant for three months - first payment will be collected upon registration, with each of the remaining two payments (April and May) paid via credit card at the beginning of each month
- Participants are responsible for any long distance charges (depending on long-distance carrier) to join calls
- To help maintain momentum for participants who miss a call, each group coaching call will be recorded so that members can listen to the discussion afterward via a link to the audio recording

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"

The facilitator of this program:

Charlotte Toothman, MA, CPCC, has been consulting with organizations, executives and managers for more than ten years across industries ranging from health care and communications technology to not-for-profit organizations. Charlotte is committed to supporting individuals and teams in finding the kind of transformation that excites and ignites the passion and drive within. From this place, goals and aspirations are irresistible. Her approach is grounded in organizational systems theory which seeks direction from working with the whole or the "voice of the system."

Personal invitation from your facilitator:

If you want to make the most of your professional and personal life in 2009, we invite you to participate in this coaching group. Previous participants have received tremendous benefit at work and at home as a result of their active participation in the group, and our commitment is to help YOU do the same. You are invited to join us for an exciting and dynamic coaching group after the new year!

Warmest regards,

Charlotte

Charlotte Toothman

Questions? Need more information?

Contact Susan Sullivan at susan@goalsinsight.com or (510) 482-8987

Group size is limited, so register now to save your space and get started!
(upon registration, you will receive all program materials)
http://www.goalsinsight.com/programs/group_coaching.html