

Group Coaching for Executives Seeking Meaningful Change

Rev Up, Shift Gears, or Wind Down

- ✓ Are you at a **CROSSROADS** in your life and career?
- ✓ Do you want to **ACCELERATE** your career or make a **SHIFT**?
- ✓ As a results-oriented leader, are you **IGNORING** your own career **NEEDS**?
- ✓ Ready for **MEANINGFUL CHANGE** to forge a **NEW PATH**?
- ✓ Looking for a **SAFE SPACE** to reflect, **STRATEGIZE**, and grow?

Only **1/3**
of executive leaders
report feeling

ENGAGED¹

Nearly **60%**
report feeling
“**used up**” at
the end
of each day²

1/2 of today’s
60-year-olds
will live to at least
the age of **90**³

Meaningful work and
social connection is
CRITICAL
for wellbeing
in later adulthood

Exec Jumpstart...Coaching customized to your needs

Exec Jumpstart offers a proven, customizable approach to accelerate meaningful, sustainable change, designed for up to eight executive leaders (VP equivalent or above) with 25+ years of professional experience.

This eight-month program includes monthly one on one coaching and group coaching sessions, leveraging proven assessments and tools to gain greater insight, self-awareness, and plan for the future. You will have space to reflect, discuss, and strategize your future with peer executive leaders.

Your facilitators and coaches are **Ann Manning** and **Nicole Pulito**. Ann and Nicole are expert credentialed Executive Coaches with 25+ years of experience coaching and consulting with executives and teams across multiple industries, from nonprofit to Fortune 100 organizations, such as Walmart, Abbott, Northwestern Mutual, and JP Morgan Chase.

Targeted Outcomes:

- Articulate your ideal future with **PURPOSE** and **CLARITY**
- Engage in conversations to **ALIGN GOALS** and interests
- **SHIFT LIMITING MINDSETS** that are getting in your way
- Execute a strategy and create new **SUSTAINABLE HABITS**
- Maintain a **SUPPORT SYSTEM** with Exec Jumpstart participants

Past Clients Have Said

“I feel more positive and courageous”

“Provocative and challenging”

“I no longer wait for things to happen; I make them happen”

“Fostered the path to stronger team and 1-1 relationships”

“Fun and personable”

“Exceeded all expectations”

Footnotes:

1. Gallup, 2022
2. DDI Global Leadership Forecast, 2021
3. The 100 Year Life (Gratton & Scott, 2017)

The Exec Jumpstart Framework

A Guided Path to Your Future

Aspire

Articulate What's Possible

- Vision & Life Purpose
- Alternative Paths
- Work, Life, Wellbeing

Achieve

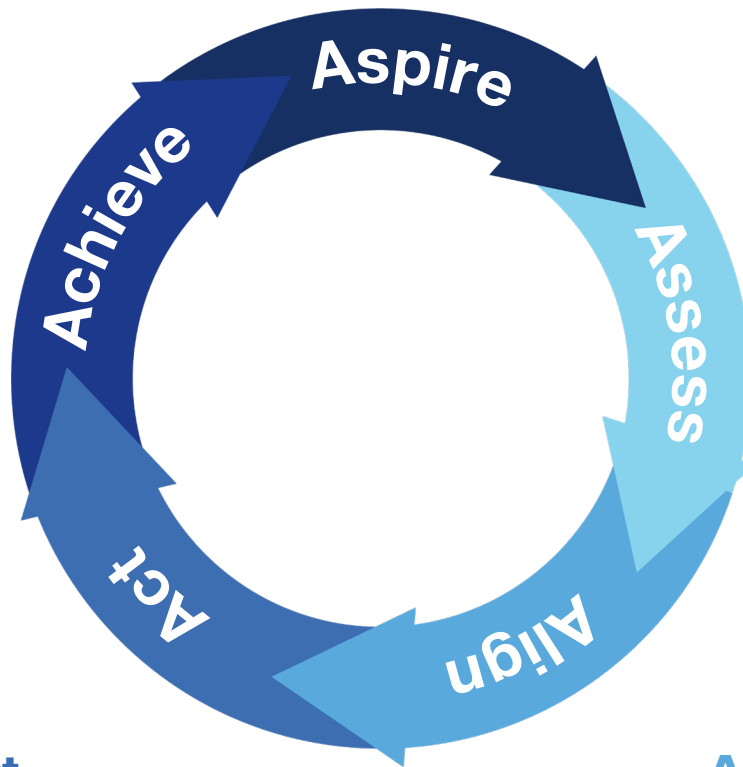
Sustain Lasting Change

- Progress to Goals
- Celebrate Success
- Ongoing Learning

Assess

Clarify Current State

- Motives & Values
- Talents and Strengths
- Limiting Beliefs & Habits



Act

Create & Execute a Plan

- Transition Strategies
- New Mindsets & Habits
- Practice & Reflection

Align

Build & Leverage Relationships

- Family, Friends, Colleagues
- Support Partners
- Professional Network



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