



COACH YOUR SELF UP[®]

Self-Coaching Skills for Success

How great would it be to improve your work performance and experience by simply shifting how you use your attention and self-awareness?

Coach Your Self Up is a development program that provides you with an approach, techniques, and skills to coach yourself to heightened levels of success at work, and in all aspects of your life.



Unlocking Potential Through the Self-Coaching Path

Coach Your Self Up is a series of weekly online modules taught over four weeks. Each module facilitates personal discovery and skill building with support from an online instructor and classmates. You will complete hands-on learning practices to shift one of your own selected self-limiting behaviors that is blocking some aspect of your success.

TARGET OUTCOMES

- An approach and tools for creating positive shifts and initial application to one of your own self-limiting behaviors
- Improved Focus, Emotional Intelligence, Interpersonal Relationships and Decision Making.

Self-Awareness is Key

We focus on three areas. Your attention (or lack thereof), your self-limiting behaviors, and the stories you tell yourself that shape your experiences.

Psychology & Science

Built on a strong foundation of Psychology (e.g., growth mindset), Neuroscience (e.g., neuroplasticity), and Behavioral Science.

Powerful in its Simplicity

A simple three-step framework called 'The Self-Coaching Path' that you can utilize for the rest of your life.

"I realized I was creating artificial boundaries for myself. And when I was able to take down those boundaries, new worlds opened up."

-Shafiq T, Finance Leader

"I'm looking forward to applying the ideas and techniques the program taught us to improve the way I "show up" at work and in life. I'm still finding ways to apply the learnings from CYSU practically every day."

-Dan Z, Engineering Manager

