



# COACH YOUR SELF UP<sup>®</sup>

## Self-Coaching Skills for Success

How valuable would it be to engage, increase, and empower employee self-development and coaching skills at ALL levels in your organization in a scalable, cost effective way?

Coach Your Self Up is a development program that provides participants with the approach, techniques, and skills to coach themselves to heightened levels of success at work, and in all aspects of their lives.



## Unlocking Potential Through the Self-Coaching Path

Coach Your Self Up is a series of weekly online modules taught over six weeks. The course facilitates personal discovery and skill building with support from an online instructor and a classmate peer group. Each participant selects and practices improving upon a self-limiting behavior. Participants additionally learn the value of managing attention and challenging mental narratives that inhibit growth and effectiveness.

### TARGET OUTCOMES

- Organizations: Improved Employee Effectiveness, Collaboration, Retention; Innovative foundation for Career Development and/or a Coaching Culture
- Participants: Learn and practice an approach for creating positive shifts

### ONLINE COURSE FORMAT, AT-A-GLANCE:

- **Self-paced component:** 6 weeks (1hr/wk online)
- **Instructor-led component:** 3 live events (1hr each)
- **Peer-group component:** direct messaging, dialog and practice with the instructor and classmates

### Self-Awareness is Key

We focus on three areas. Our attention (or lack thereof), our self-limiting behaviors, and the stories we tell ourselves that shape our 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' can be utilized by participants for the rest of their lives.

*"We are positioning CYSU as an innovative foundational component of our approach to Career Development. What could be more helpful to an employee than learning to see where their behaviors are getting in their way and giving them tools to address that?"*

*-Rich Jacquet, CHRO, Gigamon*

*"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*



# WISDOM FOR THE WORKPLACE



## TRANSFORMATIVE TRAINING

### BEST-IN-CLASS ONLINE LEADERSHIP & PROFESSIONAL DEVELOPMENT

Cultivate coaching cultures, growth mindsets, mindfulness, emotional intelligence, compassionate communications, positive psychology and self-directed focus.

### WORLD-CLASS FACULTY

Courses are designed and presented by renowned business leaders, academics, researchers, authors and blue-chip corporate trainers.

### LEADING-EDGE COMMUNITY LEARNING SYSTEM

Step up to inspiring online learning experiences and community of practice camaraderie. Over a decade of social-engagement design is reflected in presentation methods plus direct instructor and peer classmate communications. Each session can scale to any size organization.

### TWO ONLINE COURSE FORMATS, AT-A-GLANCE:

#### Instructor-Led, with online classmates

- » 1 hour/week engagement over 4-8 weeks
- » On-demand, self-paced video and written instruction
- » Community networking forum and accountability teams
- » 2-4 live, instructor-led online interactive events

#### Self-Paced, On-Demand

- » 1 hour/module with 4-8 modules
- » On-demand, self-paced video and written instruction

## ONLINE COURSES



### Coach Your Self Up

Learn self-coaching techniques to identify and break through self-limiting thought patterns and behaviors. Become fully “response-able” with your own career desires and development.



### Leading a Coaching Culture

Manage high-performance teams to new heights with coaching skills tuned for leaders. Navigate difficult conversations, run efficient meetings and deliver results. Feel inspired not tired!



### Introduction to Navigating Uncertainty

Build leadership skills to navigate through the unrelenting uncertainty of our times. Learn practices that are science-based, scalable and easy to implement.



### Super Power Your Decisions

Six steps to intuitive, high-stakes decision making. Learn what intuition is and isn't, how to cultivate it, and how to use your intuition for better, faster decisions in the workplace.



### Emotions at Work

Strengthen your emotional intelligence to better navigate the complexity of emotions in ourselves and others. Enhance work relationships and minimize stress amidst the pressures of today's fast-paced world.

[Learn More at InnerProfessional.com](https://www.innerprofessional.com)

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