



WOMEN *in* INSURANCE

COMING SOON

Self-Coaching Program

Whether our goal is to get fit or get better at time management, we all know the value of working with a coach or trainer to help us get there faster and more effectively. But what happens when we don't have access to expert help? For most people, it's easy to feel overwhelmed, get off track, and sometimes even stop making any progress at all. Working with a coach is an amazing tool for helping you get where you want to go, but it means relying on someone else to guide you and keep your progress going.

Good news, there is an even more empowering way to reach your goals, to become happier, more fulfilled, and better at what you do, and that is to become your own coach. Self-coaching is the practice of regular self-reflection, decision-making, goal achievement, and intentional growth that is self-led. With the right tools, allowing us to access our unique wisdom and purpose, each of us can become our own best guide and coach. Your self-empowerment and self-trust are the ultimate goals of the practice of self-coaching, helping you to become the creator of your own success story.

OUR EXPERT COACH



Self-Coaching Program *COMING SOON*

FOUR CORE SKILLS

With the expert support of an experienced coach, you'll learn the four core skills needed to create an effective, ongoing self-coaching practice. These skills are derived from evidence-based modalities based on cutting edge understanding of human behavior and neuroscience used in coaching, therapeutic models, and professional development. Used together, they represent a holistic approach to growth and are foundational to well-being.

Emotional Intelligence

Awareness of how our emotions impact and govern our lives; managing and expressing your emotions in a healthy productive way; and awareness of the emotional experience of others.

Mindset Mastery

Harnessing the power of how we think to influence our actions, our responses to challenges, and our outcomes and tapping into our most effective problem solving and creativity.

Nervous System Regulation

Understanding and managing our body and brain's response to stressors both internally and externally, allowing us to manage stress and avoid overwhelm, freeze, and burnout.

Capacity Management

Awareness and management of our own inner resources, including time, attention, and focus and maximizing productivity and progress in a healthy, sustainable way.

12 MONTH PROGRAM

The self-coaching program involves creating different opportunities to learn and a supportive environment for accountability and ongoing progress. Here's what's involved in the twelve-month program:

Core Skills Workshops

Presented during two workshops in September 2024 and March 2025, these in-person events teach the most essential tools in an interactive and supportive environment. Together we will learn and practice the fundamental skills that create the foundation of self-coaching.

Skill Builders Monthly Training

In these ongoing virtual workshops, you'll learn how to apply the tools to specific challenges and gain access to special interest training.

Self-Coaching Cohorts

Community and peer accountability can be a hugely positive influence on personal development journeys. To help create this supportive space, you can join a small cohort that meets regularly to encourage and motivate each other to continue implementing the tools learned in workshops.

Program Wrap-Up

At the end of the program, we're going to do something extremely important – CELEBRATE! We'll applaud your accomplishments, reflect on your growth, and acknowledge how far you've come.

Watch for more details at [IABforME.com/Women-in-Insurance](https://www.IABforME.com/Women-in-Insurance)