



**Spring 2024 Pink Coat Life & Leadership Foundations!
6 Month Program
March – September 2024**

12 Group Coaching Sessions

Saturdays, 10-11:30am PT

- 3/23: Session 1 Your Wheel of Life**
- 3/30: Session 2 Your Values**
- 4/20: Session 3 Your Why & Personal Mission Statement**
- 5/4: Session 4 Your Inner Leader**
- 5/18: Session 5 Your Inner Critic**
- 6/1: Session 6 The Power of Shifting Our Perspectives**
- 6/15: Session 7 Self-Awareness & Emotional Regulation**
- 7/13: Session 8 Self-Care & Managing Our Energy**
- 8/3: Session 9 Boundaries & Self-Compassion**
- 8/17: Session 10 Organization, Productivity & Time Management**

9/7: Session 11 **Creating Your Thriving Life & Your Raft of Otters**

9/14: Session 12 **Paying it Forward: Mentoring & Sponsoring Others**

6 Group Mastermind Sessions

Wednesdays, 5:30-6:30pm PT

4/3: Mastermind 1 Group Sessions 1&2

5/15: Mastermind 2 Group Sessions 3&4

6/5: Mastermind 3 Group Sessions 5&6

7/24: Mastermind 4 Group Sessions 7&8

8/28: Mastermind 5 Group Sessions 9&10

9/18: Mastermind 6 Groups Sessions 11&12