



Breakfast Coaching

Usually use coffee to jump start your day? How about a coaching session which helps you focus on achieving what matters most to you?

How often do you start your day with the best intentions and then get mired down in a range of activities, though necessary, aren't sufficient to create the impact that you want as a leader, much less nor are they satisfying or fulfilling for you? How often do you set a new goal for yourself but it gets lost in your daily "to do" list or is unwittingly de-prioritized? Time passes and before you know it, you are saying, "I wish I had..." or "I should have."? You know what's needed but can't find the necessary focus for yourself.

Breakfast Coaching is an opportunity for you to build a practice of focused attention on YOU, helping you identify and unlearn old patterns and create new ways of operating more effectively. Here's how it works:

- We initially meet with you to identify coaching goals -- in the near term, what do you want?
- We set up regular meetings in the early morning, such as at 7 or 8 am, to launch your work day. The pace of these meetings (once per week; 2 times per month) is determined by your needs and our mutual schedules.
- We meet over the phone so that you can be in a location that is most convenient for your work -- at home, in the office, and while on travel.
- Sessions lasts 45 minutes so that you have a few minutes afterward to reflect and integrate the learning before moving into your workday.
- You own the agenda. We only focus on what matters most to you.
- Any "homework" in between sessions, is agreed upon. A lot of progress in coaching happens in between sessions!
- Within 6 sessions, you should start reaping the benefits of your focus.
- Additional perks: Unlimited email coaching, recent articles, book suggestions and related tools to help you learn in support of your goals.

Ann Carr
(o) 703-768-1201
(c) 703-975-1224
anncarr@intruquest.com

www.intruquest.com

Tracy Saunders
(o) 703-742-7770
(c) 703-403-5796
tracysaunders@intruquest.com