## Choose Your Success



	Fair Results	Strong Results	Stellar Results
Watch Weekly Video	X	X	X
Set a Goal for the Program	X	Х	X
Show up for the Weekly Zoom Sessions	X	X	X
Make Accountability calls a Priority (or Coaching/Mentoring)		Х	X
Engage on Zoom Sessions (camera on and speak up)		X	X
Bring Questions to the Sessions		Х	X
Share Experiences			X
Make and use Monthly Accountability Plan			X
Challenge Yourself and Measure Results			X

## Choose Your Success



## **Coaching and Mentoring** will help you to:

- Lead and manage during times of uncertainty and change
- Reflect on your values, goals and effectiveness
- Open-up your awareness of strengths and weaknesses
- Identify the barriers to increase your performance
- Coaching and mentoring sessions are confidential and safe places to discuss your challenges