

Laser-Focused Coaching Timeline



Week 1

Values and Emotions

Live Coaching &
15-minute Reflection



Week 3

Move to Captain

Live Coaching &
15-minute Reflection



Week 5

Being Human

Live Coaching &
15-minute Reflection



Week 7

Safe Space Journey

Live Coaching &
15-minute Reflection



Week 9

Exploring Team Values

Live Coaching &
15-minute Reflection



Week 11

Who Do You Want to Be?

Live Coaching &
15-minute Reflection

Week 2

The Inner Critic

Two 15-minute
Reflections



Week 4

Captain Perspective

Two 15-minute
Reflections



Week 6

Growth Mindset

Two 15-minute
Reflections



Week 8

Be Curious

Two 15-minute
Reflections



Week 10

Boundary Response Plan

Two 15-minute
Reflections



Week 12

Continued Journey

Two 15-minute
Reflections

