



**COACHING
OVER
COFFEE**

small group coaching

Fall/Winter Schedule Lexington, KY

Small Group Coaching provides the opportunity to examine an issue within a small group and gain new insight through discussion and self reflection. Participants find it to be an inspiring format for learning, leading to improved outcomes.

10/25/18 Best Leadership Practices

11/15/18 Mindfulness made Simple

12/7/18 Making Resolutions that Stick

1/17/19 Be Inspiring

1/31/19 Be Resilient

2/14/19 Be Happier (To Increase Your Success)

2/28/19 Be Both Humble & Ambitious

All sessions are held at iHeart Radio, 2601 Nicholasville Rd, Lexington, KY from 8:30am -9:45 am. Fee: \$35/session or package of 5 for \$150. Seats are limited, reserve yours today!

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