

THE FORUMS FOR EXECUTIVE WOMEN

Session 2: Building Your Executive Foundation and Personal Foundation

Key Topics:

- If you want a BIG career, you will need a powerfully strong foundation both professionally and personally.
- How will you build that foundation, on a daily basis, to become BIG?

Butterfly Coaching:



- The key to coaching each other to greatness will come from your QUESTIONS; not from your sharing information.
- Resist the temptation to be the Expert or Savior.

Executive Foundation:

- At the senior levels, it's a whole new game.
- The VALUE you create is through focusing your actions with your team and stakeholders in very specific ways.

Personal Foundation:

- INTEGRITY Work is the core of personal confidence and real POWER.
- How well do your actions match your words and feelings?
- BOUNDARIES - a key missing skill even for senior women
- Simply "SAY NO!"
- We train people how to treat us.

Executive Foundation Self Assessment

- How do I know the strength of my executive level leadership skills?
- We are always busy, but are you focused on the actions that COUNT?

Your Personal Story:

- Individual Coaching is your safe place to take a look at your story, and get tools for a new story.
- Who are you deciding to BE?

Managing Up:

- If you are doing REAL COACHING, you should be able to coach your boss, like you coach your team.
- Are you balancing being BOTH supportive and challenging?
- Your role at this level is to give your unique viewpoint, and to handle any resistance.

"The story you tell yourself about yourself is the foundation of everything."