



WHO are YOU? The REAL YOU! A Virtual Group Coaching Experience

Benefit from both Group and Individual Coaching as YOU learn more about the AUTHENTIC YOU in this truly UNIQUE, virtual, experience!

In coaching, we are taught that there are 3 key components to making a change in one's life.

The WHAT and the HOW are important, but they pale in comparison to the third one,

The WHO.

i.e. YOU. The Authentic YOU! The REAL YOU!

WHO are YOU?

I tend to agree with the power of the WHO based on my own personal experience in undergoing a pretty significant journey of mid-life self-transformation, what I am now referring to as MY "HALFTIME". You can check out my before and after pictures and stats on my website. Quite the change. I am so grateful to have summoned the courage to undertake it. That journey of change was part and parcel of another journey, one of self-discovery. In hindsight, nothing helped me go farther and faster through my HALFTIME than gaining a better understanding of WHO I was and then honouring myself by playing to those traits and characteristics that best suited me. Like wearing a pair of shoes that fit just right instead of trying to get by with a pair that feel too big or too small.

But that is ME. What about YOU?

Are YOU

Honouring YOUR Values?

Playing to YOUR Strengths?

Embracing YOUR Personality and Preferences?

Following YOUR purpose and YOUR Passions and YOUR Dreams?

Surrounding YOURSELF with people who energize YOU?

Finding YOUR balance at work, rest and play?

Finding YOUR style? i.e. YOUR leadership style?

If you are looking to gain a better understanding of YOUR WHO as part of your journey of change. Then I invite YOU to join ME and an inclusive group of FIVE other peers for a 6 week journey of self-discovery.

A "virtual" journey that includes 5 group coaching sessions and 2 one-to-one coaching sessions with a Professional Career and Life Coach (i.e. ME 😊).

The group sessions allow YOU to benefit from the insights and ideas and energy that we receive by connecting with others. Expand YOUR lens. Shift YOUR mindset. Increase YOUR awareness of YOUR opportunities.

The output from the exercise will be YOUR own "Who are YOU Workbook", tailored to the dimensions (Personal and/or Professional) that are the most important to YOU to explore at this stage of YOUR life Journey.

Interested? Here are the details.

YOUR BENEFITS OF PARTICIPATION

- Exposure to new concepts, ideas and materials as part of the preparation and participation in the 5 group sessions.
- An opportunity to learn by doing by applying the concepts in between sessions.
- Objective feedback and a sense of accountability from a group of your peers and a Professional Career and Life Coach.
- Additional one-to-one coaching support in order to further explore any topics, opportunities and/or challenges of particular interest to YOU.



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CURRICULUM

October 2017 COHORT

Date	Time	Title
October 27	12-1.30pm Eastern	#1 The introductory session Introducing YOU and YOUR WHO. Creating your "WHO are YOU workbooks"
November 10	12-1pm Eastern	#2 Reconnecting as a group for first time Honouring your values and playing to your strengths
November 24	12-1pm Eastern	#3 Reconnecting as a group for second time Honing your style. Your leadership and communication styles
December 8	12-1pm Eastern	#4 The wrap-up session Sharing lessons learned and ideas of next steps for further self-discovery and change
January 12	12-1pm Eastern	#5 The follow-up session How are you showing up?

PRICE

\$299 for the 6-week experience, which includes:

- 5 hours of interaction, discovery and learning as a group
- 2 hours of one-to-one coaching with Dave

* Note: A credit for 25% of the price of the experience can be applied toward a 3-month coaching package from Dave within a year of the experience

Some of MY Coaching and Facilitation TESTIMONIALS

"These sessions have been invaluable to me"

"I heard a certain someone knocked it out of the park on yesterday's webinar! Dave, I don't think I've ever heard such praise about a webinar."

"Dave kept us engaged through the entire session and the learning was great!"

"I was on cloud 9 after our call"

CONFIDENTIALITY

Please note that all of the discussions that take place as part of this experience are purely confidential. What is shared in the sessions, STAYS in the sessions.



TO REGISTER

Online at www.davewcoachingandstorytelling.com

FOR MORE INFORMATION ON THE SESSIONS AND COACH

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Introducing YOUR Coach & Facilitator

WHO is Dave Walker?



Dave Walker is a Career and Life Coach and Storyteller (Blogger, Writer, Corporate Facilitator and Motivational Speaker) with over 25 years' experience with some of the largest organizations in the world. He is an MBA, CPA, CMA, a graduate of the Coach U CEG, and a member of the ICF (International Coach Federation)

Strengths*	Values**	Leadership traits	Attributes
Activator	Family	Inspiration	Explorer
Futuristic	Learning & Growth	Communication	Writer
Ideation	Authenticity	Integrity	Sense of humour
Input	Caring	Empowerment	Fun
Responsibility	Strength & Honor	Grit	Connector

Dave's Preferences (a.k.a. Personality) per Myers Briggs. ENTP.A (The "Debater"). Being an ESTP (The "Entrepreneur") would have been handy now that I have started my own practice, but hey, I am WHO I am. 😊

Dave's True Colors (a.k.a. personality) per True colors. Orange is MY Primary. Blue is MY Secondary

Dave's Leadership style* (to my surprise): Strategic Thinking

Dave's leadership cereal brand: Lucky Charms, with added fiber. Lots of fun (with colours and shapes); high energy (sugar content); substantive (added fiber). Must be the ¼ Irish in him.

Dave's Love Language: MY Primary is Physical Touch. MY Secondary is Quality Time

Dave's writing and storytelling style? Check out MY blogs in the blog section of my website 😊

<http://davewcoachingandstorytelling.com/blog/>

- * Strengthsfinder 2.0 self-assessment results from the book by Tom Rath
- ** The Top 5 values that I came up with from an initial list of 502 values (BTW. It took me a while 😊)