

THE CEO IN ME *Coaching Programme*

The host



Pam Yako helps women leaders and change makers achieve breakthroughs in all aspects of their lives. Pam has worked as an executive in the public sector for more than 14 years and currently works as a leadership coach and trusted advisor for many organizations. She is passionate about her work and journeys with her clients from a state of despair to become CEOs in their own lives.

Pam will lead the sessions and will bring the content, theory, personal experiences and practices. She uses a number of practical systems and tools which are adapted for personal use by each participant.

As a coach, she creates the container and holds the space for safe learning and sharing.

Who is the programme for?

This programme is for women leaders and change makers who have great ambitions for their personal lives, their businesses or their careers. They somehow feel overwhelmed by their work demands to a point of despair. They know they have it in them to make the next big step, however, they feel stuck and ready to give up on their dreams and aspirations.

What is it ?

It is a blended coaching programme that brings the best elements of group coaching and have these combined with individual coaching. "Group Coaching is a facilitated group process led by a skilled professional coach and created with the intention of maximizing the combined energy, experience and wisdom of individuals who choose to join in order to achieve organisational objectives or individual goals." - Ginger Corkerham. Group coaching also offers group members an opportunity to have a mutual accountability system around them that motivates them to achieve their goals .

The programme covers the following topics :

- **Self Mastery and Personal Leadership** (Deeper understanding of self, limiting beliefs, behavioural patterns and survival tendencies)
- **Personal Goal Setting** (Setting clear and realistic goals which are aligned and congruent with your purpose, values and belief systems)
- **Creating the right Mindset** (Creating a growth mindset which is pivotal for the attainment of your goals)
- **Executive Presence** (Reclaiming your power, developing the requisite gravitas to support your personal ambitions and learning to show up everyday and everywhere with full confidence)
- **Relationship Building** (Learning to develop, nurture and sustain the right personal & professional relationships that support your ambitions and chosen path including professional teams)
- **Consolidation** (Pulling everything together to be the CEO in me)

What are the outcomes?

- Clarity of vision and goals
- Strengthened relations
- Building strong teams
- Purposeful living
- Leading with passion
- Executive Presence

How is it Delivered ?

The group coaching sessions will take place online, on a Zoom Platform, once a month for 90mins. They will be followed by one on one sessions that are 60mins long aimed at the provision of individual support of the programme participants.

What is the investment?

A dedication of at least 2.5 hours of personal time per month per participant.

A financial contribution of R 28 750,00 for the 6 months programme. (The amount is payable through EFT; order number or 3 monthly installments).

When does it start?

The sessions will start on Tuesday 4th June 2019 and will run for 6 months.

Book an info session with Pam Yako on info@zenandleadership.com or by contacting us through our website www.zenandleadership.com

Alternatively call our offices +27 12 998 7337

