



# COACH YOUR SELF UP®

## Self-Coaching Skills for Success

How great would it be to improve your work performance and experience by simply shifting how you use your attention and self-awareness?

Coach Your Self Up is a development program that provides you with an approach, techniques, and skills to coach yourself to heightened levels of success at work, and in all aspects of your life.



## Unlocking Potential Through the Self-Coaching Path

Coach Your Self Up is a series of weekly online modules taught over six weeks. Each module facilitates personal discovery and skill building through short videos, reading materials, and journaling. You will complete hands-on learning practices to shift one of your own selected self-limiting behaviors that is blocking some aspect of your success.

### TARGET OUTCOMES

- An approach and tools for creating positive shifts and initial application to one of your own self-limiting behaviors.
- Improved Focus, Emotional Intelligence, Interpersonal Relationships and Decision Making.

### Self-Awareness is Key

We focus on three areas. Your attention (or lack thereof), your self-limiting behaviors, and the stories you tell yourself that shape your experiences.

### Psychology & Science

Built on a strong foundation of Psychology (e.g., growth mindset), Neuroscience (e.g., neuroplasticity), and Behavioral Science.

### Powerful in its Simplicity

A simple three-step framework called 'The Self-Coaching Path' that you can utilize for the rest of your life.

*"I realized I was creating artificial boundaries for myself. And when I was able to take down those boundaries, new worlds opened up."*

*-Shafiq T, Finance Leader*

*"I'm looking forward to applying the ideas and techniques the program taught us to improve the way I "show up" at work and in life. I'm still finding ways to apply the learnings from CYSU practically every day."*

*-Dan Z, Engineering Manager*

