

FRAME OF MIND COACHING™
- TRANSFORMING YOUR WORLD -

Thinking Strategies of
Extraordinary Leaders

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Who am I? Some of the Highlights...

- Author, Speaker, and Podcast Host
- President of Frame of Mind Coaching™
- Co-Founder of The Journal That Talks Back™
- 18+ Years Experience Coaching Senior Leaders
- Focus on Performance and Mental Toughness
- Mother of 5 Young Adults

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Coaching: Research Question

What is the relationship between the personal development of a leader and the performance of their team?

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Findings:

Leaders who invest in personal development are substantially more satisfied with the performance of their team in comparison to their cohorts.

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Tangible Results:

- Increased Revenue
- Increased Profitability
- Increased Employee Job Satisfaction
- Decreased Turnover
- Decreased Sick Days
- Increased Leader Satisfaction
- Connected Team Culture

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Agenda

1. Journaling Exercise
2. Demonstrate the The Power of Your Thinking
3. 3 Thinking Strategies of Extraordinary Leaders

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The Struggle is Real

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Isolation



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Strained Relationships



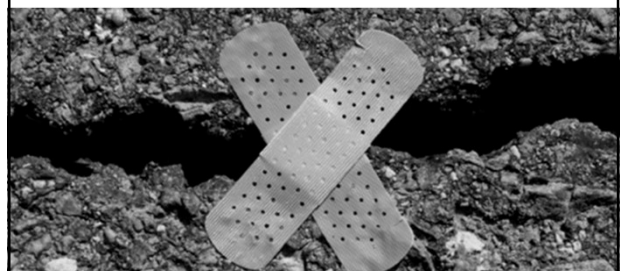
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Chronic Dissatisfaction



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Slippage



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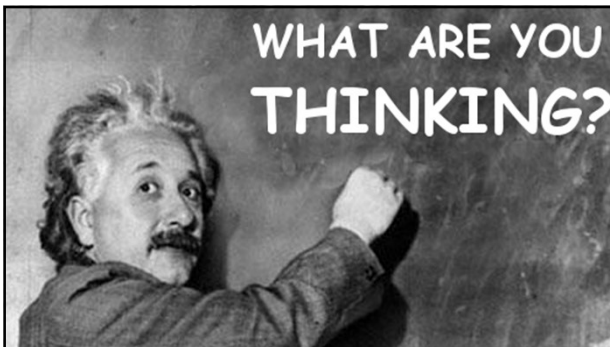
What Creates Struggle?

Skill Deficiency? Lack of Knowledge? Inexperience?

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What Drives Performance?

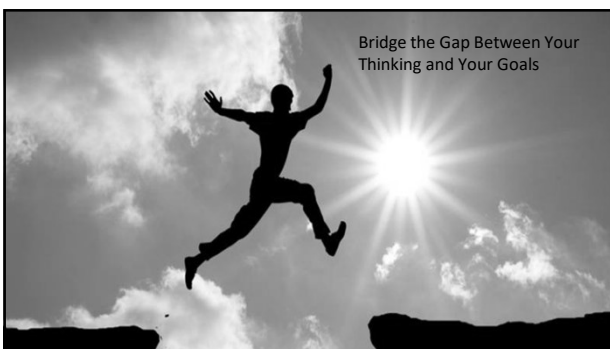
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Journaling Prompt

What do you really, really want more than anything?

What are the reasons that you don't have what you really, really want right now?

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Outstanding Performance...
Is NOT about SKILL

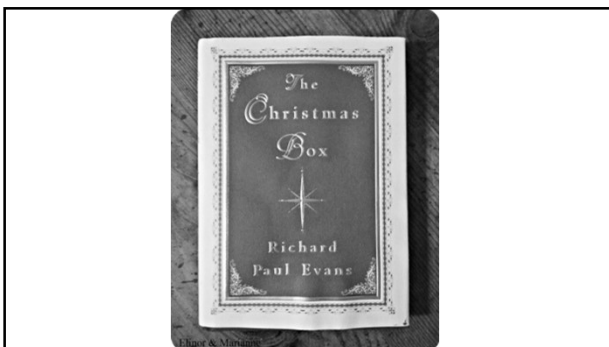
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Imagine that it's 2007...
You are a single parent on a business trip. Your flight home gets cancelled. You NEED to get home the next day – it's your daughter's birthday – there's NO WAY that you are going to miss her party The next day you go to the airport and find out that ALL flights going home are cancelled for the day. What do you?

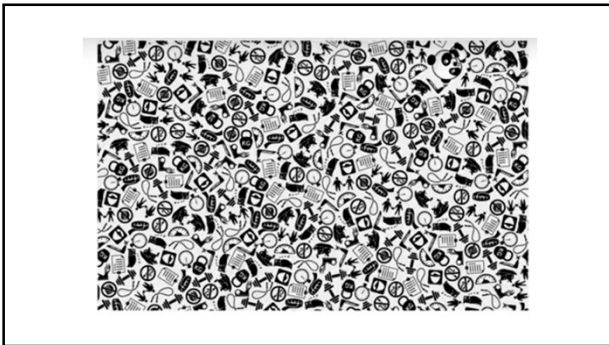
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What do YOU really,
really want?

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Thank you!
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