

Here are our most popular coaching topics for 1:1 sessions & workshops



## RELATIONSHIP BUILDING

- Making Your Ask a Give
- Growing a Community or Network
- Strategic Networking
- Pitching Clients



## COMMUNICATION

- Building Teams
- Presenting to Leaders
- Running Effective Meetings
- Being a Skillful Contributor in Meetings
- Navigating 1:1 Meetings
- Managing Difficult Conversations/Personalities
- Minimizing Extraneous Words when Talking
- Managing Anxiety when Speaking Up
- Setting Boundaries & Realistic Expectations
- Engaging in Person & by Video
- Communicating when You're Shy or Introverted
- Communicating in Your Non-Native Language
- Communicating with Confidence
- Giving & Getting Honest Feedback
- Developing Leaders & Executive Presence
- Claiming Your Value while Being a Team Player



## SPONSORSHIP

- Developing a Sponsor's Interest
- Being an Effective Protégé
- Being an Effective Sponsor
- Getting the Most out of Sponsorship