



Professional Growth Coaching

An opportunity for you to tackle the core questions that are key to your growth as an educator with the undivided attention of a coach

What is the structure and who is involved?

This is a three-part coaching process with executive coach Rhoda Weisman

What are some possible topics?

- ▶ Charting your career and paving your next steps as an outstanding educator and leader
- ▶ Discovering, articulating and cultivating your talent, gifts and voice
- ▶ Navigating obstacles to lead using your core strengths
- ▶ Strengthening professional presence to manage internal and external change

How do I sign up?

Complete this goals and outcomes [intake form](#) (~10 minutes). Upon completing the form, we will send you a link where you can schedule your first session with Rhoda, via Calendly

How much does this cost?

Professional Growth Coaching is valued at \$450. SEC alumni are eligible for a one-time \$300 subsidy, bringing the out-of-pocket cost to \$150, which will be paid directly to Rhoda Weisman. Please inquire about a complete subsidy if needed.



As part of the M² SEC Alumni Initiative, we invite you to tackle the core questions that are key to your growth as an educator. We sat down with Rhoda to discuss how you can benefit from Professional Growth Coaching.

Why is Professional Growth Coaching critical in our current reality? What are some of the biggest trends you have noticed since the emergence of COVID-19?

"There are crucial skills and overarching attitudes we need to successfully navigate these changes and come out of this crisis as better people. **Being emotionally, physically, and intellectually resilient** in the face of complex challenges. **Consistently cultivating (and leaning on) hope and optimism professionally and personally**, as the foundation for being resilient, adaptive, and the ability to quickly pivot. **Understanding and building our self-awareness, self-management, and relationship management** to successfully navigate our interactions with others at work and at home."

What are some potential questions that may concern alumni and can explore with you as part of the coaching process?

"There are a number of questions I've been addressing with coaches since the start of the pandemic. It is not an exhaustive list and I am completely open to exploring other questions anyone may have. How can I better **utilize my strengths and grow my skillsets** to shine at work and to chart my future career trajectory? How can I **adapt and make changes** that will "stick" when my plate is already filled with responsibilities and so much to accomplish? Really? Is investing time and money in myself a good use of my limited resources to **move forward**? In short, the coaching process answers the question of 'How I can be my best self in responding successfully to the unexpected challenges I am facing?'"

Discuss your expertise in coaching and what alumni can accomplish with you in three sessions.

"I challenge leaders to be more **visionary, impactful and fulfilled in their work and careers** than they think possible. I will radically listen to where you are and what you want to achieve, envision your greatest potential, and co-design a plan replete with reflection, adaptation, and actionable steps to help you exceed your expectations. My methodology artfully blends coaching, mentoring, and skill-building to help you achieve those expectations."

