

**NEW CONTENT!**

# Virtual Trek Leadership Café

A unique group EXECUTIVE COACHING experience for professionals ages 25-35 interested in core leadership skills and meeting professionals from other companies.

**JAN. 28, FEB. 4 & 11 - 8:30 - 11:00AM EST**

**FACILITATOR  
& COACH:**



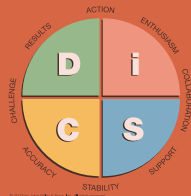
Pam Lowe Cho  
Senior Executive Coach  
Trek Executive Coaching

## TOPICS INCLUDE:



### COMMUNICATIONS

- Learn how and when to deliver a "Positive No"
- Use a template for planning conversations & presentations
- Strengthen your personal brand & career path
- Enhance your on-screen presence during virtual meetings



### DISC

- Master our #1 leadership tool for greater influence and successful conversations
- Get a report and insights into your personal DiSC style
- Learn how to ID the DiSC style of others
- Get powerful tips to increase your influence on others



### TIME MANAGEMENT

- Create an ideal work week
- Learn how CEOs run meetings
- Delegate without micromanaging
- Lessen disruptions
- Personal wellness tips to increase your energy

## PROGRAM HIGHLIGHTS

#### FOR THOSE WHO ARE:

- Professionals ages 25-35
- Wanting to network with other professionals
- Seeking executive coaching
- Wanting to be part of a learning community
- Looking for core leadership skills

#### INCLUDES:

- Three, 2.5-hr group sessions - over 3 weeks
- One, 1:1 executive coaching session
- DiSC Assessment
- Peer coaching
- WELCOME GIFT PACK - coffee beans, mug, pen, Earthanics product samples & resource book.

#### FEE:

~~\$695~~ \$495 /person

Through  
1/31.21

**[CLICK HERE](#)** to register for program being held Jan. 28, Feb. 4 & 11 from 8:30 - 11:00am EDT