



COACHING OFFICE HOURS

**OFFER YOUR FEMALE
PROFESSIONALS &
MANAGERS THE
SUPPORT THAT MAKES
ALL THE DIFFERENCE**

SUPPORT YOUR TEAM WITH MONTHLY LASER COACHING

For female professionals and entrepreneurs, it can still be very challenging to be fully considered and respected, especially in male-dominated industries such as tech or automotive.

Close to 80 percent of women struggle with self-doubt, entertain old ideas of humbleness that don't serve them, and shy away from self-advocacy at work. In other words, four in five women may be held back in their career advancement by lack of confidence and visibility, which in our day and age seem to be about as vital to taking your career to the next level as expertise and experience.

Companies who offer coaching to their female professionals and managers see an amazing range of benefits, including:

- Improved performance and productivity
- Improved relationships within teams and between employees & managers
- Greater creativity and better use of people, skills, and resources
- Greater flexibility and adaptability to change, better emergency response
- More motivated staff willing to go the extra mile together as a team
- Less waste of time due to miscommunication and unspoken expectations

Challenges previous participants in Coaching Office Hours brought to the session:

- Struggling with people-pleasing in the move from team member to team leader
- Being a first-time manager, especially in a remote or hybrid setting
- Having vulnerable conversations with team members and/or superiors
- Prioritizing and delegating when obligations change
- Moving from the zone of excellence into the zone of genius
- Deciding on next development steps as a manager or individual contributors
- Communicating needs and wants to promote oneself
- Pursuing agreements instead of unspoken expectations

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Have you experienced the power of coaching for yourself?

If so, I'm sure you agree that basically anybody could benefit from 1-on-1 time with a coach. And what could be better for a high-performance organization than happy, high-achieving managers and team members?

Our world – and work reality along with it – has changed to the detriment of women as different studies have univocally shown.

Fortunately, there is a proven, cost-effective way to make a difference:

Coaching Office Hours – especially for the junior and mid-career women in your organization who are not eligible (yet!) for their own coaching budget.

25 minutes a month may sound little, but thanks to our insight-focused laser coaching approach, the effects of these sessions go far beyond the issue at the center of the conversation – for the individual and for the organization who provides the support.

A popular setup for our Coaching Office Hours is two half days a month with eight 25-minute time slots each, if appropriate, once in the morning and once in the afternoon to accommodate female professionals and managers in different time zones.

This is only a suggestion; we will of course work with you to design the structure that best serves your team and your organization. Reach out to explore the options!

We recommend that women who sign up are automatically assigned the same slot in the next month (or over a longer time period) to ensure an effective follow-up and discuss next steps or, if necessary, correct course.

A FEW POINTERS FOR PARTICIPANTS IN COACHING OFFICE HOURS

- Please do your best to attend at least twice. This allows us to check in and discuss any progress you have made or still want to make.
- The Coaching Office Hour is a safe space for you. What you say is confidential and will not be reported back to your manager, HR or anybody else at your company.
- To make best use of our time together, think about what you want help with beforehand – but also be prepared for our conversation to take a different turn!
- If something relevant comes up between sessions, always feel free to reach out via email or text message at any time.

CONTACT

Thank you for your interest in
Coaching Office Hours!

To discuss how this offering
could serve your organization
and your female professionals
and managers, please email
team@michagoebig.com or
get straight on my [calendar](#)
for a video call.

