

The Inspired Women's Coaching Cafe



Session Overview

1. *Who am I?*
 - a. What do people think of me? What do I want them to think of me? How can I achieve that?
 - b. What do I think of other people?
 - c. How do I create the reaction I get from others?
 - d. Attitude, (Self-)Respect
 - e. Basic Body language
 - f. HOMEWORK

2. *What do I want?*
 - a. We want what we want, whether we think we can have it or not.
 - b. Why are some people successful and others not? Often we talk ourselves out of our own goals!!
 - c. Let's be crazy and allow ourselves to dream today! What would I do if I wasn't afraid? What did I want to become when I was a child/when I started to study?
 - d. What do all these things have in common? Would I still like to have that in my life?
 - e. HOMEWORK

3. *Values & Beliefs*
 - a. Why am I doing what I've done up until now? Why do I want what I want?
 - b. What do all these things give me?
 - c. Am I happy with the path that I am on – am I doing what I *want* to do – or am I doing what I think I *should* do? Who says what I *should* do?
 - d. HOMEWORK

4. *Making Plans*
 - a. Goals vs. Projects, Outcome goals vs. Journey goals
 - b. WHAT vs. HOW
 - c. HOMEWORK

5. *Action & Momentum*
 - a. How to get started, how to stay on track
 - b. An object in motion stays in motion, an object at rest stays at rest.
 - c. Am I being productive or just active?
 - d. How much time do I actively spend on my goals?
 - e. HOMEWORK

6. Open to participants' suggestions/requests
 - a. Review of process
 - b. Celebration of progress!

The sessions will take place every two weeks in a café in Den Haag, on a weekday evening (depending on the groups' preference). 4 participants per group max.

See www.virtualanja.com for details or contact Anja at hello@virtualanja.com.