



# Empowering Driven Women to be Limitless...

**The first thing I believe is that women are limitless and can break through all kinds of barriers with designed vision.**

Let's spark your own purpose-driven journey, no matter what chapter of life you are in. Making greater contributions to your personal and professional development will keep you moving forward. I know, because I have made transitional changes, overcome an autoimmunity condition, and have made a conscious effort to fill up all of my life buckets everyday. I want to help you do the same and increase your limitless leadership potential.

**Starting where you are, we will work together to design your limitless future. You will discover way-finding signs along the way:**

- **Do you feel alone at the top?**
- **Do you feel stuck in the middle?**
- **Are you contemplating change or doing something out of your comfort zone?**
- **Do you feel depleted and headed for burn-out?**
- **Is your confidence lacking at the board table?**

I am a high-performance track driver which is my limitless fun. I am also the first female CEO of a large metropolitan industry trade association in their 75-year history and Public Affairs Executive turned Process Consultant/Women's Limitless Coach for leaders and organizations. I am a mentor, a speaker, a coach, and an executive board member of a Big 10 University's Women's Leadership Institute. I love working with driven women!

Advocating for women to move into positions of greater influence and/or helping create more inclusive organizations move toward embracing relational leadership that the world is looking for is my goal. So too, is your wellness because with it, you are limitless! Your success inspires me and my enthusiasm will inspire you!

Lets start a conversation.

*Cherie*



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**Schedule here for a time to explore working together:**  
**Meet Chérie Talbert | Design Group International**

# COACHING ONBOARDING GUIDEBOOK

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## Welcome to the Coaching Relationship

I look forward to supporting you in your journey! This document defines what coaching is, why it is powerful, what you can expect from coaching, what the coaching relationship looks like and how coaching supports you or your team to clarify its purpose.

### Why Coaching?


- Coaching is a commitment to your growth.
- Coaching is a commitment to your transformation and learning.
- Coaching helps you see yourself and to reflect, develop, and grow.
- Coaching inspires, supports, and encourages creative possibilities.
- Coaching helps a leader, or a team think broadly about their untapped potential and emerging opportunities.
- Coaching allows for brainstorming and visioning.

**Goal**      What do you want to accomplish?

**Reality**    What, when, where, and who?

**Options**   Thinking away from being stuck.

**Will**        The desire to embrace emerging plans.



*What you allow, is what will continue*



## What should I expect from coaching & the coaching relationship?

I strive to listen and to maximize the communication by co-actively participating in the conversation, calling you forward, and voicing what we are noticing.

**Coaching is not...**Counseling. Coaching stays in the present and is always about forward movement toward action.

**Coaching is not...**Training. A trainer imparts knowledge from a learning path based on an established curriculum. A Coach's curriculum is simply to stay fully present to the individual and walk with that person down a path of discovery.

**Coaching is not...**Consulting. The consultant is the one bringing specialized expertise to a working relationship. The coach helps an individual generate her own solutions from her own expertise.

### **The Coaching Relationship**

When a formal coaching relationship is established, the coach and the person being coached must figure out how they are going to be with one another and agree to some expectations. This is called "Designing the Contract". Some typical ground rules that need to be established are: confidentiality, frequency of sessions, duration of the relationship, financial payment, ethical guidelines, and follow-through expectations.

### **The length and flow of a session:**

- Sessions are 50 minutes
- Check-in, establish the focus
- Coach
- Review and Commitment

As a general rule, the coach speaks only 20% of the time mostly asking questions. This allows YOU maximum opportunity to share, explore, and plan.

*All great changes are preceded by chaos.*  
-Deepak Chopra

# I WILL MEET YOU WHERE YOU ARE AT

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