



THRIVE

Transforming Hurt & Racial Inequities into Vision, Value & Empowerment

6-Week Group Coaching
for Professional Black Women

with Leadership Coaches

**Asila Calhoun &
Joelle LaGuerre**

THRIVE is a group coaching program for professional Black women, facilitated by two coaches who understand the challenges associated with navigating careers as Black women. Our goal is to provide a safe space for participants to explore how their racial identity shows up at work and offer support as they navigate racial inequities while creating a vision for their professional and personal life.

Each week we'll explore topics related to personal development and growth (see program outline below). Pre-work and homework will encourage self-reflection and application of weekly lessons. Sessions are designed to promote connection between group members through sharing experiences and encouraging growth. At least twenty minutes of each session will be dedicated to live coaching.

PROGRAM DETAILS

- When: Mondays, 5-6:30 PM Eastern – from September 12 to October 17 (6 sessions)
- Where: Virtual (Zoom)
- Cost: \$1,250

OFFERING

- One 1:1 pre-workshop session with each participant and a coach
- Weekly interactive lessons, with discussion and application
- Course workbook with activities
- “Laser” coaching in each weekly session
- Two private 45-minute 1:1 individual coaching sessions with each participant and a coach
- Guest speakers
- Additional resources
- Online community to connect with participants
- Support, accountability, and networking with other professional Black women

PROGRAM OUTLINE

Session 1: Identity – Your Whole Self September 12

Clarify how your various identities show up in your life, identify your top strengths, think about what being Black means to you.

Session 2: Vision & Values September 19

Identify your values and create an intentional vision for your life.

Session 3: Spirituality & Authenticity September 26

Explore whether you're showing up authentically and how spirituality grounds you and provides freedom to do so with a guest speaker.

Session 4: Healing & Self-Care October 3

Learn best practices for healing from workplace trauma and prioritizing your self-care with a guest speaker

Session 5: Empowerment October 10

Put your vision into action and address beliefs that may be limiting you.

Session 6: Community & Connection October 17

Develop a sustainability plan as you continue your journey of living your values and creating an intentional life.

WHO ARE WE?

Asila Calhoun is a certified coach whose coaching business, Calhoun Coaching & Consulting, focuses on partnering with new leaders through executives who are ready for change. Asila earned her Bachelor's degree in Sociology from UC Berkeley, and she holds PHR and SHRM-CP HR certifications. She is an Associate Certified Coach (ACC), and a Certified Inclusion Coach (CIC). Asila is also a certified meditation teacher.

Joelle LaGuerre is a certified HR professional, consultant and coach. Through her company PRO-YOU, Joelle works with coaching clients to focus on self-awareness and exploration as the foundation for meaningful career and leadership development. Joelle earned her Bachelor's degree in Organizational Psychology from Oakwood University as well as a graduate certificate in leadership development from George Washington University. She is a certified professional in talent development (CPTD) and will soon be an Associate Certified Coach (ACC).



FOR MORE INFORMATION

Please email asila@calhouncoaching.com or joelle@pro-you.com.

[Register on EventBrite](#)