

THRIVVE

Transforming Hurt & Racial Inequities into Vision, Value & Empowerment



With Leadership Coaches

Asila Calhoun & Joelle LaGuerre

Are you a Black woman who is striving for success in your career, but you are being met with obstacles? According to Lean In's The State of Black Women in Corporate America, Black women are having the worst experience of all employees in the workforce. Contributing factors include being under-represented in leadership roles, experiencing a wider range of microaggressions, receiving less support from direct managers, and having little to no access to senior leaders. Though many organizations have ramped up their diversity and inclusion efforts over the last few years, few are addressing the specific barriers that are holding Black women back.

THRIVVE is an empowerment circle for professional Black women, facilitated by two coaches who understand the challenges associated with navigating careers as Black women. ICF certified coaches Asila Calhoun and Joelle LaGuerre will provide a safe space for you to explore how your racial and gender identity show up at work. Asila and Joelle have developed a program to offer you support to create an empowering vision for your professional and personal life as you navigate inequities. Sessions are designed to promote connection between group members through sharing experiences and encouraging growth.

LEARNING OBJECTIVES INCLUDE:

- Dive deep into topics related to personal and professional development and growth. (See program outline below)
- Practical tools to encourage self-reflection and application of weekly lessons.
- Strategies to support you on your career path and journey.

WONDERING IF THIS PROGRAM IS FOR YOU?

Drawing on decades of experience and the stories and insights of our clients, Asila Calhoun and Joelle LaGuerre have combined their expertise to provide you with the tools and resources you need to level up your confidence and remove blocks to your vision. You will be surrounded in sisterhood with other ambitious Black women. Asila and Joelle will provide a container for meaningful conversation where you can share stories, celebrate, and uplift each other, while reclaiming your passion and inspiration. You will leave with clarity, joy, and renewed energy for achieving your personal and professional goals.

THRIVVE is 6 virtual sessions hosted on Zoom. See next page for program outline and pricing.

PROGRAM OUTLINE

- **Session 1: Identity & Your Whole Self**
- **Session 2: Vision & Values**
- **Session 3: Purpose & Authenticity**
- **Session 4: Healing & Self-Care**
- **Session 5: Value & Empowerment**
- **Session 6: Community & Connection**

YOUR INVESTMENT OF \$1,250 INCLUDES

- One 1:1 pre-workshop “Get to Know You” session with each participant and a coach
- 6 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

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 & REGISTRATION

Contact Asila and Joelle at asila@calhouncoaching.com or joelle@pro-you.com

IF YOU ANSWER "YES" TO THREE OR MORE OF THESE QUESTIONS, THIS PROGRAM IS FOR YOU!

- Are you a Black woman striving for success?
- Have you been overlooked for promotional opportunities at work?
- Do you feel disheartened on your career journey?
- Are you the “only” Black woman in your department, team or company?
- Do you seek support, guidance, and personal power?
- Do you feel like you have lost your mojo and feel like you need to be re-energized?
- Are you seeking community with other Black professional women?
- Are you currently experiencing challenges at work related to your race and/or gender?
- Are you dealing with “baggage” from past challenges at work related to your race and/or gender?
- Do you want to support others who are dealing with challenges at work related to race and/or gender?
- Are you seeking professional development for your career growth?
- Do you need to level up your skills for a new or expanded opportunity at work?