

NextGen | Session One: Set the Direction

Welcome!

Think of NextGen as a gym membership for your professional growth, except you won't have to wake up at 5 a.m., and nobody will make you do burpees. Together, over the next four months, we'll strengthen the skills, habits, and mindset that help people thrive in their careers and lives.

Bring your challenges, questions, sense of humor, and curiosity. We'll do the rest!

Meet Your Coaches



Sherry Yellin, PhD, PCC, BCC

Founder of Yellin Group, leadership expert, author, and unapologetic brain nerd, Sherry has spent more than 22 years helping leaders think better, lead better, and achieve extraordinary results. She specializes in brain-based leadership, executive coaching, and innovative learning experiences for organizations worldwide. When she's not teaching neuroscience or writing books, she's figuring out ways to be on the water or spending time with her grandson. 214.505.5623 sherry@yellingroup.com



Callie Yellin, MS, ACC

Callie knows a thing or two about high performance. A former NCAA Division II National Champion softball player and ICF-accredited coach, she combines elite-level experience with expertise in communication, counseling, and coaching. Whether she's helping individuals strengthen their mental game or exploring new fishing spots, Callie brings energy, curiosity, and a coach's mindset to everything she does. 214.733.0818 callie@yellingroup.com



William Bonds, MPA, ACC

For more than 30 years, William has helped leaders and teams work better together. As an experienced senior leader, executive coach, facilitator, and leadership consultant, he moves people to connect, communicate, and collaborate more effectively. When he's not helping organizations succeed, you'll likely find him exploring a new playlist or revisiting an old favorite, because music is key to learning and living well. 303.748-0129 williambonds.facilitation@gmail.com

Our Blueprint

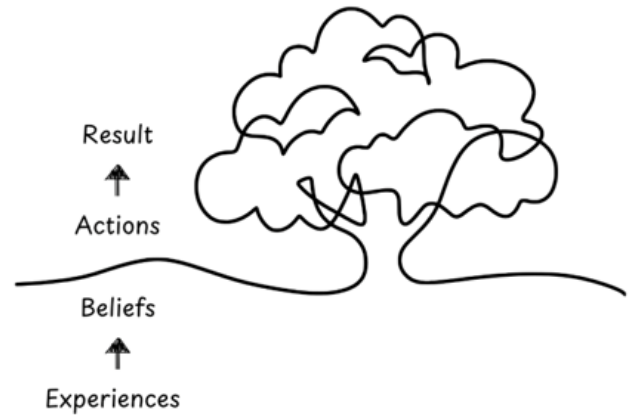
Session 1:	Session 2:	Session 3:	Session 4:	Session 5:	Session 6:	Session 7:	Session 8:
Set the Direction	Adapt to Connect	Define Your Signature	The Inner Game	Build Relationships & Influence	Build Your Professional Playbook	Build Your Peak Performance Playbook	Next Level
Gain clarity on the cohort, expectations, where we are going, and how you want to grow.	Increase your influence by understanding yourself and the language of others.	Craft a personal brand that reflects your strengths and aspirations.	Master self-awareness, self-management, and emotional agility.	Build trust, influence, and collaboration.	Develop communication habits that drive credibility and success.	Create strategies for resilience, energy, and sustainable growth.	Reflect, refocus, and prepare for what's next.
Triad Call with Coach and Leader	1:1 Coaching Call (DiSC Debrief)			1:1 Coaching Call			

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The Power of Beliefs

Past Experiences → Beliefs → Actions → Results

Our current results are often the outcome of our current rules. To change the results, we may need to change the beliefs and experiences driving our actions.



1. RESULTS

What result would you like to improve?

Examples: confidence, leadership presence, relationships, communication, career growth, work-life balance, health, finances, influence, etc.

The result I would like to improve is:

Reflection Questions

- What result keeps showing up that I wish would change?
- Where do I feel stuck or frustrated?
- If nothing changed over the next year, what would concern me most?

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2. ACTIONS

What actions are creating or contributing to this result?

What am I currently doing?

What am I NOT doing?

Reflection Questions

- What conversations am I avoiding?
- What opportunities am I not taking?
- What risks am I unwilling to take?
- What habits keep repeating?
- If someone observed me for a month, what actions would they see that contribute to this result?

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3. BELIEFS

What belief may be driving these actions? Complete any of the following statements:

I don't _____ because _____.

I can't _____ because _____.

People like me don't _____.

If I tried, _____.

The risk is _____.

I have to _____.

Success means _____.

Leadership means _____.

Reflection Questions

- What belief creates the strongest emotional reaction?
- What belief might be limiting me?
- Is this belief helping me or hindering me?
- What would someone have to believe to consistently create the result I'm currently getting?

The belief I may be operating from is:

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4. EXPERIENCES

Where did this belief come from?

What experiences may have shaped this belief?

Reflection Questions

- When did I first learn this?
- Who taught me this belief?
- What experience reinforced it?
- What evidence have I used to keep proving it true?

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Rewrite the Story

What belief would serve me better?

Old Belief:

New Belief:

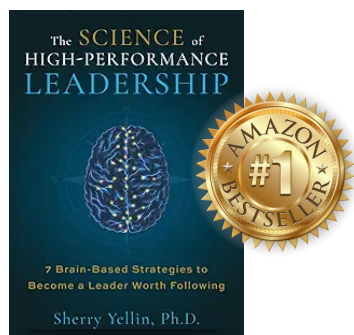
If I fully believed this new belief...

What actions would I take?

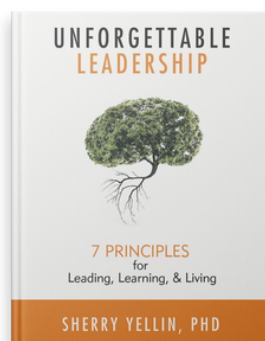
What results might become possible?

One Action I Will Take This Week

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MORE...

Have questions? Curious about something? Want specific resources or support?

🔗 Visit Yellin Group online: www.yellingroup.com

🔗 Email Sherry at sherry@yellingroup.com to schedule a call.