



NextGen Session One

Set the Direction

June 4, 2026



Today's Menu

Clarity:

- The cohort
- Expectations
- Your questions
- The one thing that is driving all of our results
- Next steps



What is one thing you hope is different about your life, leadership, or career four months from now?

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			

6/4, Thursday, 9:30-11am CST
6/25, Thursday, 9:30-11am CST
7/2, Thursday, 9:30-11am CST
7/16, Thursday, 9:30-11am CST
8/6, Thursday, 9:30-11am CST
8/20, Thursday, 9:30-11am CST
9/03, Thursday, 9:30-11am CST
9/17, Thursday, 9:30-11am CST

Rules of Engagement: How can we make this most valuable for you?

Be present

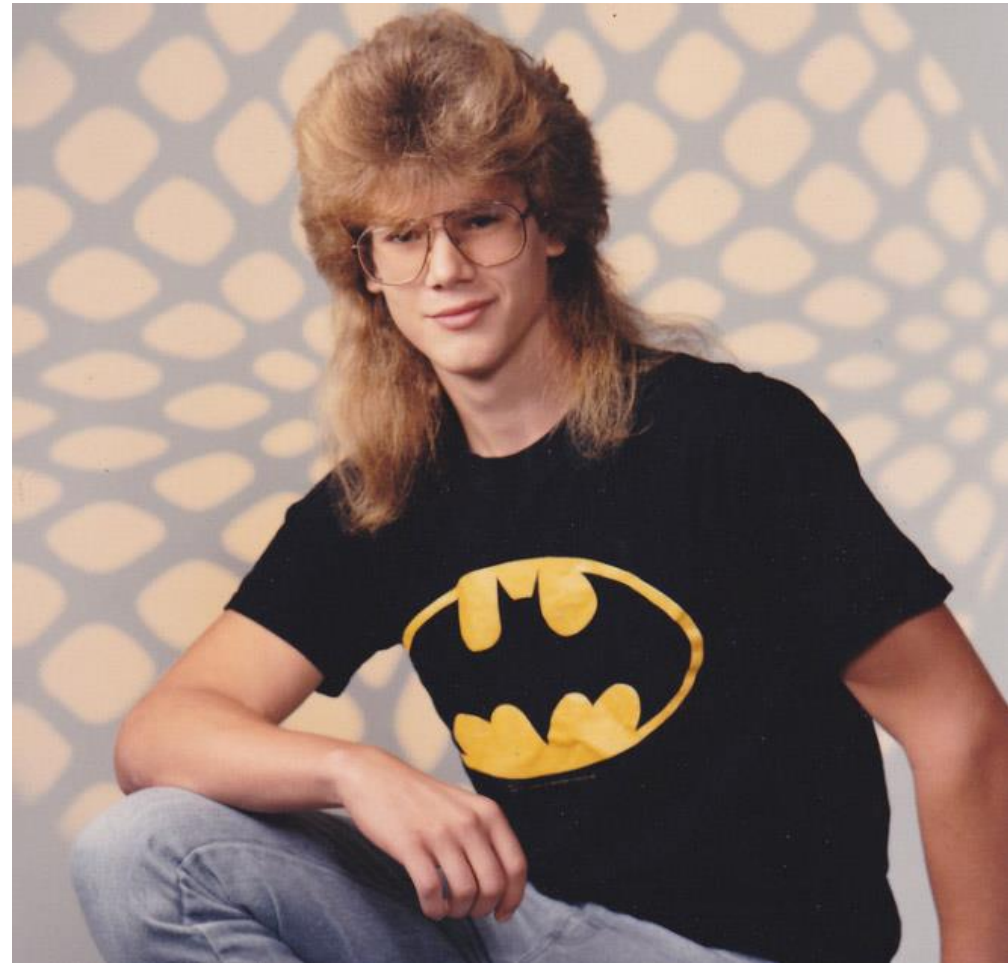
Be your own advocate

Rules of Engagement: How can we make this most valuable for you?

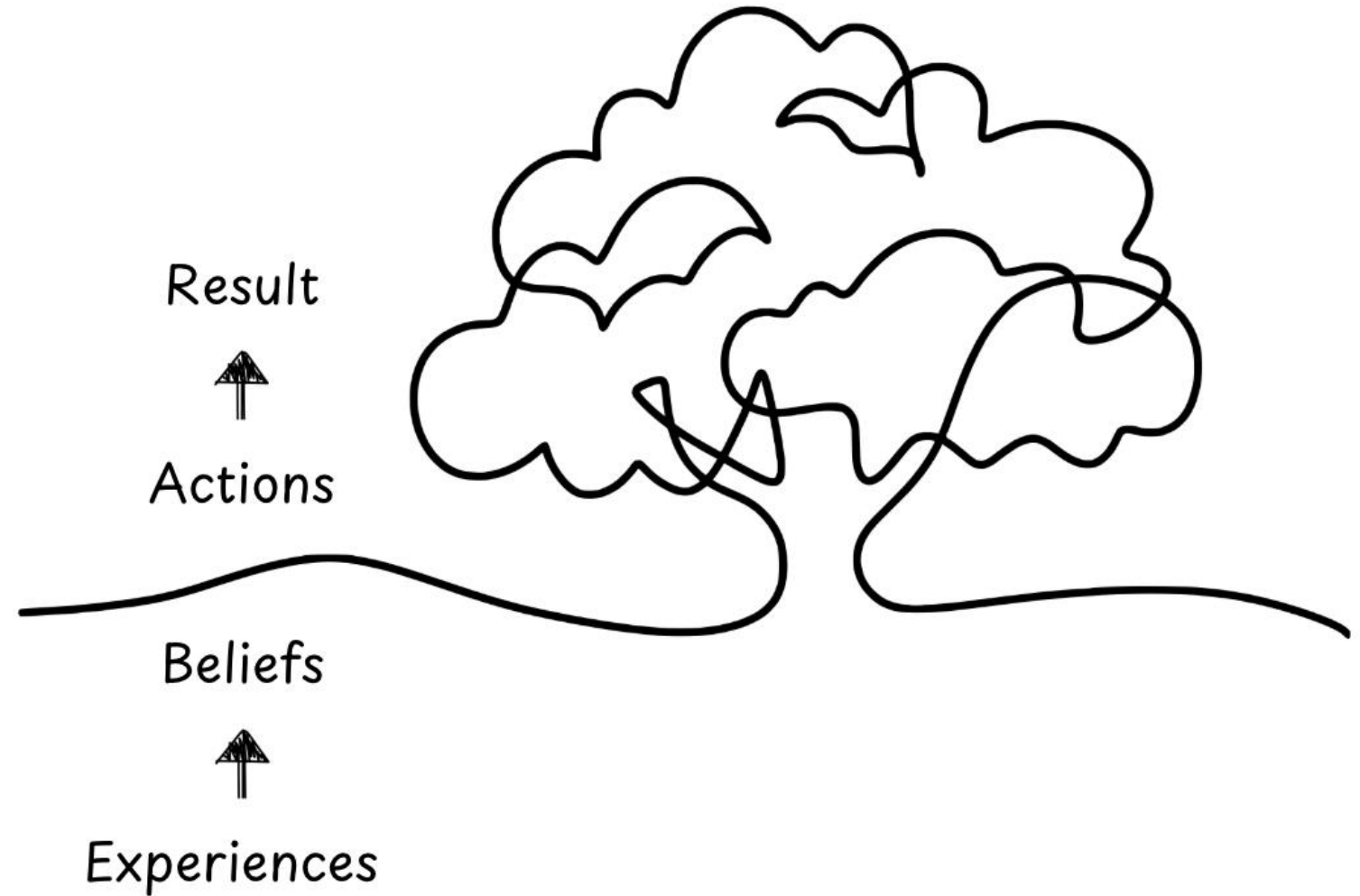
Be present

Be your own advocate

What was I thinking?



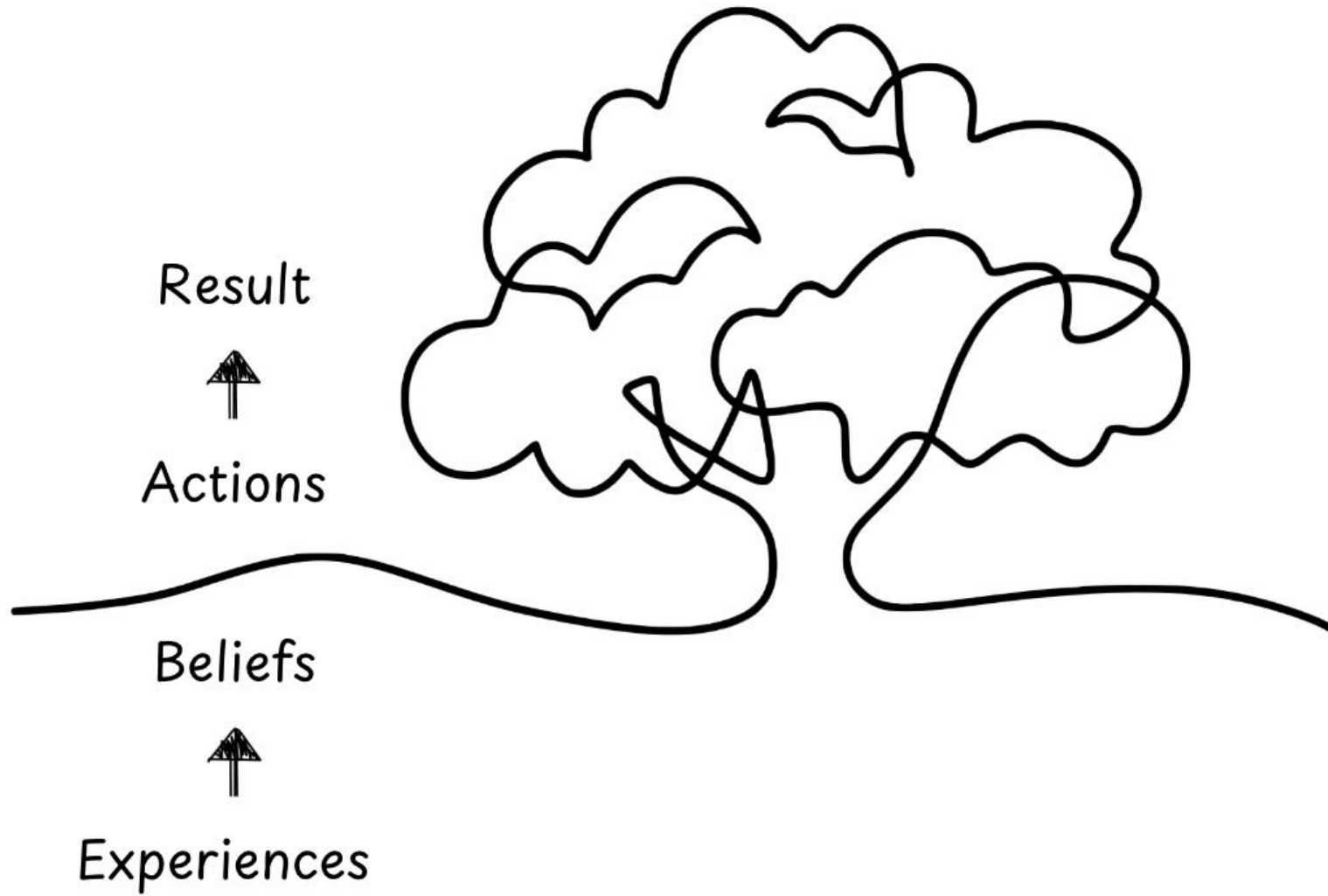
What was I thinking?



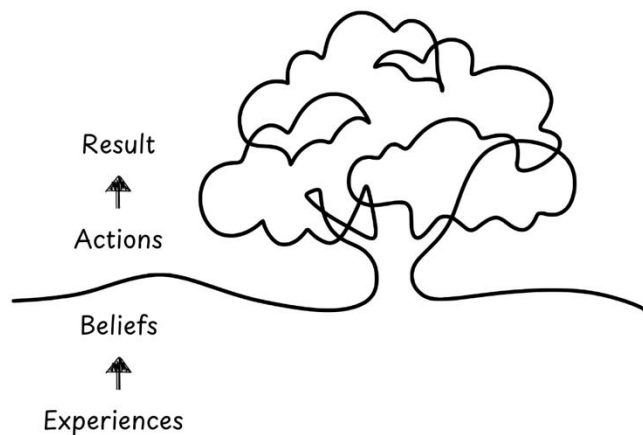








Results



1. RESULTS

What result would you like to improve?

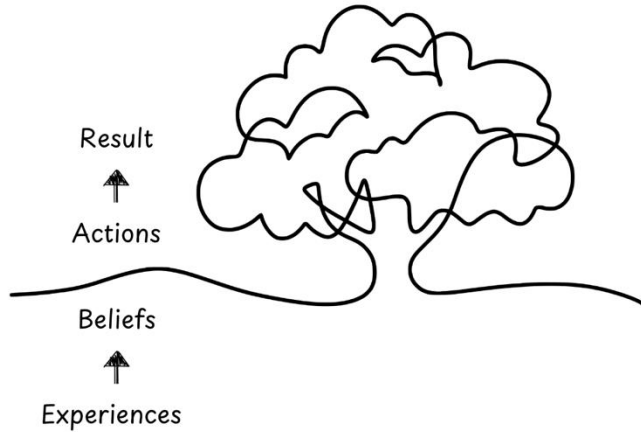
Examples: confidence, leadership presence, relationships, communication, career growth, work-life balance, health, finances, influence, etc.

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?

Actions



2. ACTIONS

What actions are creating or contributing to this result?

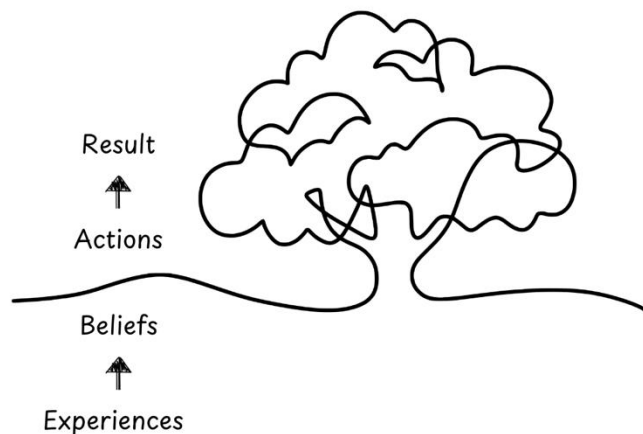
What am I currently doing?

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?

Beliefs



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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 _____.

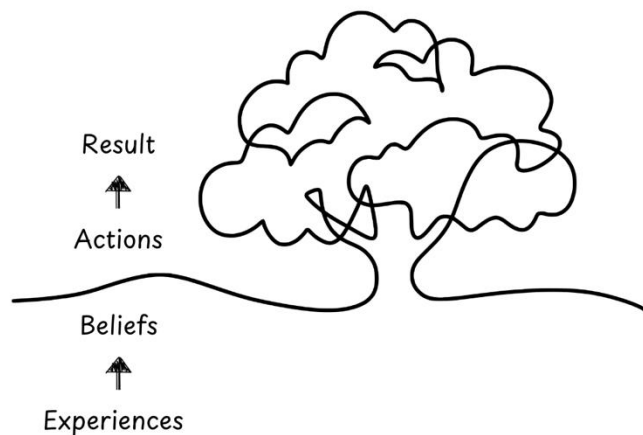
Leadership means _____.

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:

The New Story



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

Next Steps

- Triad call with your leader and coach
- Complete the Beliefs exercise
- Take the DiSC