



SUCCESS AHEAD:

Crafting Your 2025 Vision and Goals

January 3, 2025 | 12 PM EST

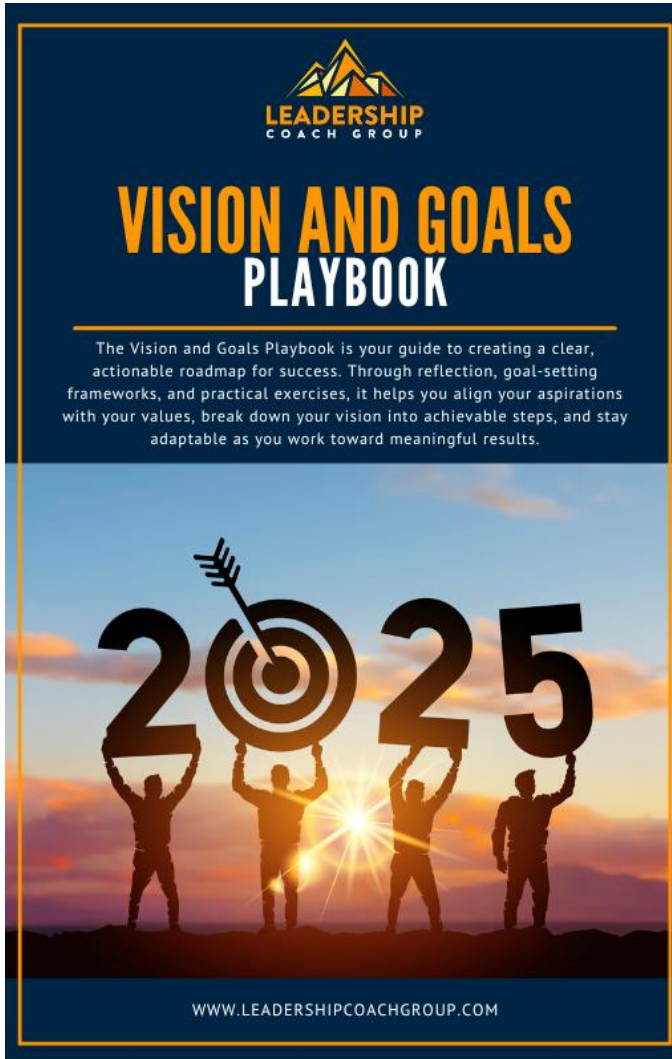




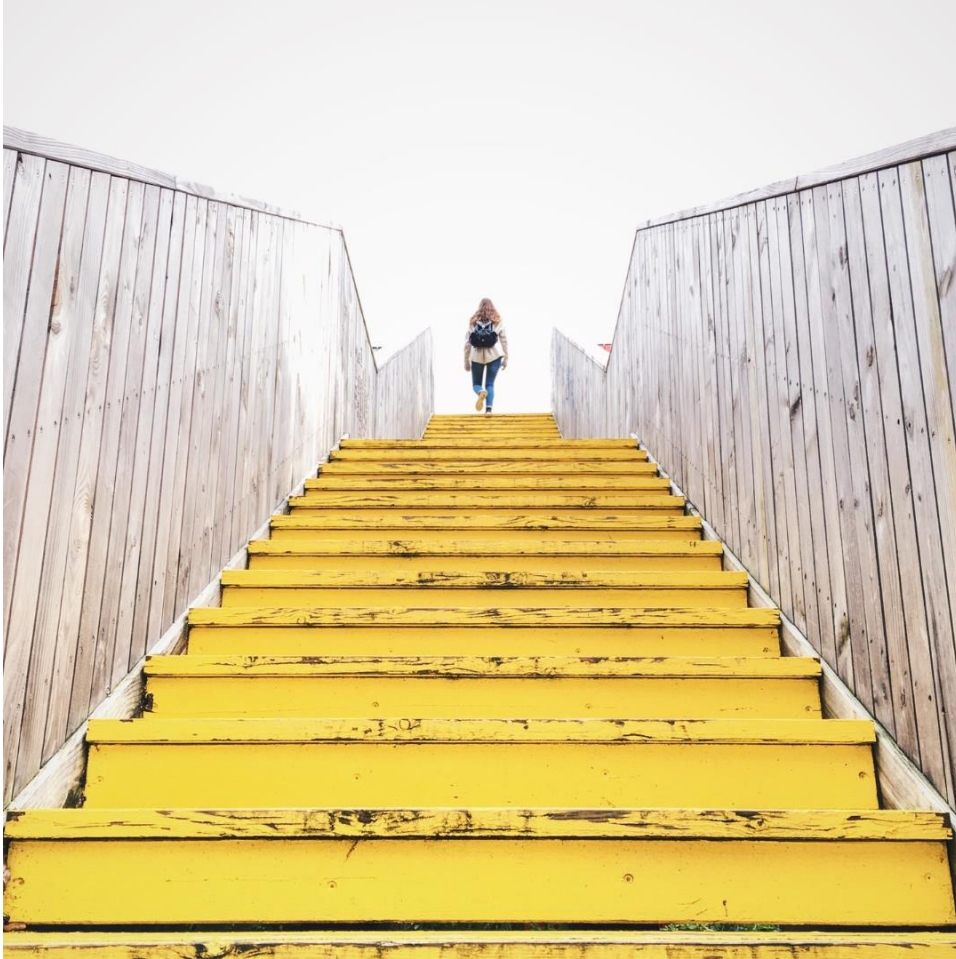
| What is LCG Open Coaching?

- **Rotating Hosts & Themes:** Every month (1st Friday at Noon EST) features expert coaches discussing topics aligned with leadership excellence and the core values of the Leadership Coach Group.
- **Actionable Insights:** Leave every session with fresh perspectives and a deeper understanding of your leadership journey.
- **Step-by-step “Playbook:”** Receive a practical guide filled with reflective prompts, actionable steps, and strategies.
- **Live Open Coaching:** Each session invites volunteers from the audience to share real questions and challenges, creating a personalized and dynamic learning environment.

PLAYBOOK



- **Vision Mapping Tools:** Guided exercises to articulate and refine your personal and professional vision.
- **Wheel of Life Assessment:** A powerful tool to evaluate balance and identify areas for growth.
- **Deep Reflection Prompts:** Insightful questions designed to uncover priorities and align values with goals.
- **Strategic Goal-Setting Frameworks:** Templates and activities to set clear, actionable, and measurable goals.
- **Progress Tracking Systems:** Tools to monitor achievements, maintain focus, and ensure accountability.



7 STEPS FOR CREATING YOUR VISION AND GOALS

1. Reflect on Where You Stand
2. Define Your 2025 Vision
3. Set SMART Goals
4. Build Systems for Success
5. Overcome Obstacles
6. Reflect and Adjust Regularly
7. Lead with Purpose

| Our Services



One-on-One Coaching

What does your style of top-notch leadership look like? We're here to unlock your unique potential, refresh your self-awareness, and create plans to make your goals into realities.

Confidential, experienced, and supportive, our coaches will guide you through leadership challenges while freeing you to fulfill your potential.

Level up with us!



Team Effectiveness

Galvanize your team and equip them to achieve their goals with our team coaching, team psychological safety assessments, and inspirational speaking.

These services target powerful points for growth and will send your team into the future with greater confidence, skill, and cohesion. Learn more about our transformational sessions today.



Leader Assessments

Using the industry's leading diagnostic tools, we provide essential insights and individually empower leaders to thrive. Our array of assessments includes High 5 Strengths Finders Test, DISC, the Myers-Briggs Type Indicator®, the Enneagram of Personality, and 360-degree leadership assessments. Explore your potential with us today.

| Our Coaches Have Served Leaders at*:



ORACLE®

 **Dropbox**

 Microsoft

 **SAP**

webflow

 **Hinge Health**

SWISSnex 

 salesforce

 **NEXtera**
ENERGY

 **facebook.**

SONY

 **SIGFIG**

UCSF Health

FICO

 **TURO**

*The company logos represent the companies our coaching clients were employed by during the time of their coaching by members of the Leadership Coach Group. Some of these clients paid privately for their coaching, others' coaching programs were sponsored by their companies. It is a partial list of clients and affiliates our coaches have worked with over the duration of their careers.

Follow Up Email



LEADERSHIP COACH GROUP

VISION AND GOALS PLAYBOOK

The Vision and Goals Playbook is your guide to creating a clear, actionable roadmap for success. Through reflection, goal-setting frameworks, and practical exercises, it helps you align your aspirations with your values, break down your vision into achievable steps, and stay adaptable as you work toward meaningful results.

WWW.LEADERSHIPCOACHGROUP.COM

The cover of the "Vision and Goals Playbook" features a dark blue background with a gold border. At the top is the Leadership Coach Group logo. Below it, the title "VISION AND GOALS PLAYBOOK" is written in large, bold, orange and white letters. A paragraph of text describes the book's purpose. The bottom half of the cover shows a sunset scene with silhouettes of four people holding up large numbers "2025", where the "0" is a target with an arrow hitting the bullseye. The website URL "WWW.LEADERSHIPCOACHGROUP.COM" is at the bottom.

LEADERSHIP COACH GROUP

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A circular portrait of Rob Followell, a man with dark hair and a goatee, wearing a dark suit jacket over a white shirt. The portrait is framed by a double-lined circular border in orange and blue.

Rob Followell
Certified Executive Coach,
Former Hospital CEO

A circular portrait of Jerry Anathan, a woman with short grey hair, wearing a light-colored top. The portrait is framed by a double-lined circular border in orange and blue.

Jerry Anathan
Peak Performance Coach,
Harvard Masters in Psychology

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OUR COACHES



Rob Followell

Certified Executive Coach,
Former Hospital CEO

Profile link

www.leadershipcoachgroup.com/rob-followell



Jerry Anathan

Peak Performance Coach,
Harvard Masters in Psychology

Profile link

www.leadershipcoachgroup.com/geraldine-jerry-anathan



Rob Followell

Certified Executive Coach,
Former Hospital CEO

| Rob Followell

- An Executive Coach, Mentor, and Leadership Architect with over 25 years of experience as a hospital CEO and executive.
- Specializes in individual coaching, team effectiveness, and leader assessments to help professionals advance their leadership capabilities.
- Passionate about empowering leaders to achieve personal breakthroughs and foster high-performing teams.

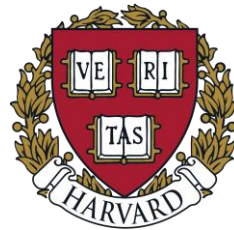


Jerry Anathan

Peak Performance Coach,
Harvard Masters in Psychology

| Geraldine “Jerry” Anathan

- A Peak Performance Coach, Psychological Safety Coach, and a Positive Intelligence Coach.
- Passionate in motivation, neuroscience, learning, and personal presence to inspire growth and provoke new ways of thinking in her clients, positively impacting over 150 leaders.
- Have dedicated over 16 years to empowering business leaders and entrepreneurs with strategic leadership and organizational dynamics.



- Harvard University, Masters program in I/O Psychology
- Graduate Certificate in Human Behavior
- Graduate Certificate in Organizational Behavior

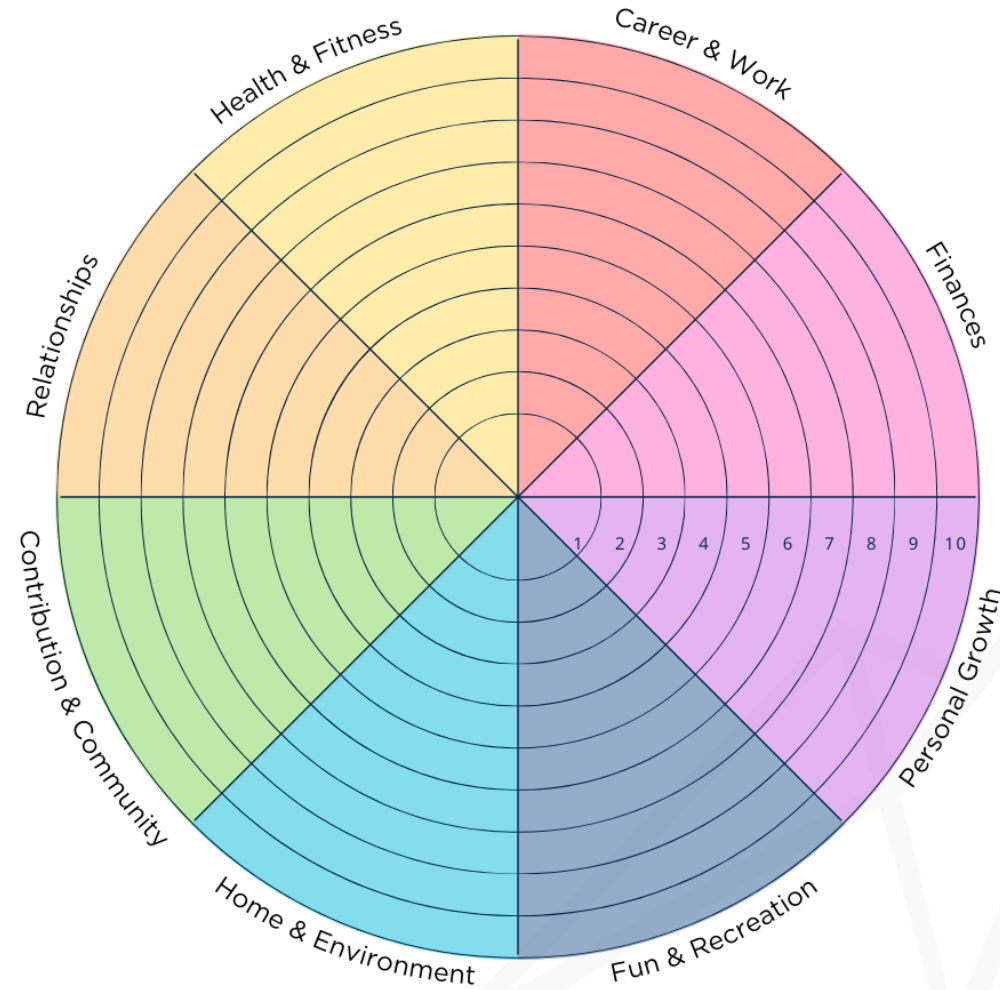


Let's get present!

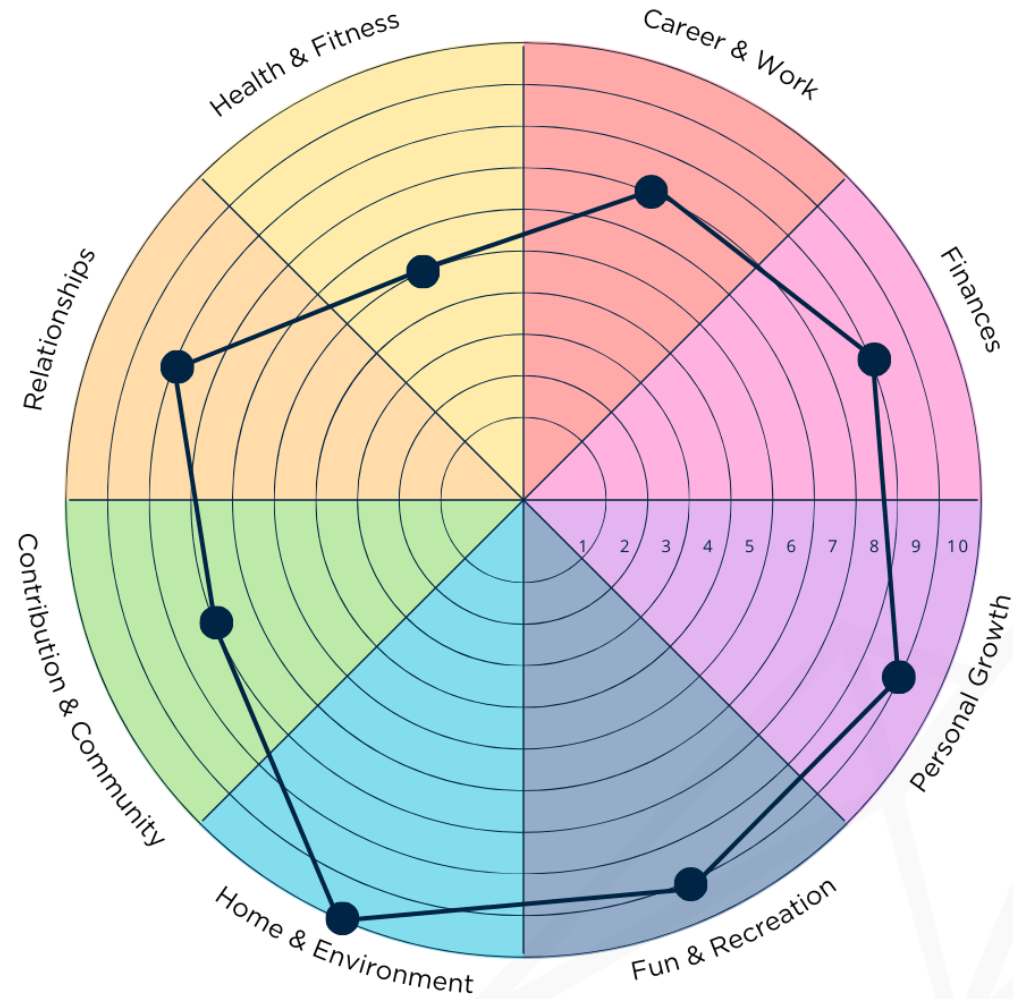
2024



THE WHEEL OF LIFE



THE WHEEL OF LIFE



S

Specific

What exactly do you want to accomplish?

M

Measurable

How will you track your progress and know you're succeeding?

A

Achievable

What steps will you take to reach this goal? What's your plan?

R

Relevant

Why is this goal important to you? How will it improve your life?

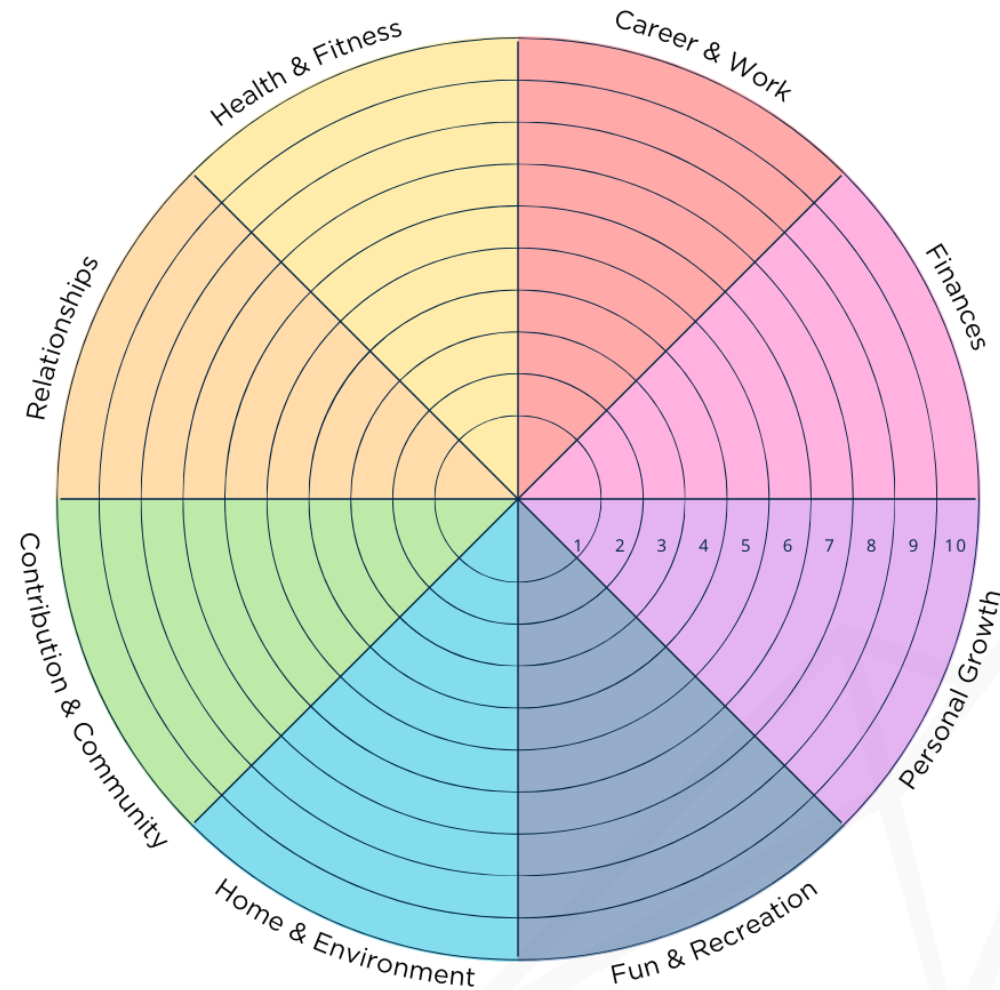
T

Time-bound

What's your deadline to complete this goal?



THE WHEEL OF LIFE



Example Vision Statement

“By December 2025, I am living a purposeful and balanced life where my career flourishes, my relationships are strong, and I feel confident in who I am. I have achieved meaningful milestones, such as advancing in my field and giving back to my community, while maintaining a lifestyle that prioritizes health, joy, and continuous growth.”



Be Part of Open Coaching!

VOLUNTEER REQUIREMENTS:

- Ready to turn on their camera and microphone.
- Consent to being recorded
- Open to engage for a meaningful coaching conversation.
- Currently using a desktop computer or a laptop.

WANT TO VOLUNTEER?

Raise your hand in the webinar or type in “I volunteer” in chat!

Follow Up Email



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Give us a Feedback



Coming Up Next for LCG Open Coaching

**Leading with Heart: Emotional
Intelligence for Impactful
Leadership**

 **Date:** February 7, 2025

 **Time:** 12 PM EST

Stay tuned for updates and details on this exciting session. Make sure to mark your calendars!





We are Here for You!

Contact Us

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✉ michael@leadershipcoachgroup.com

🌐 leadershipcoachgroup.com