

MYT Extension Timeline

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GROUP SESSIONS

MAY

Tuesday the 7th: Session #1

Review your emotional intelligence toolkit and apply EQ skills to new domains. Coach: Norm

Tuesday the 21st: Session #2

Disarming “fight or flight” and calming response to stress. Coach: Norm

JUNE

Tuesday the 4th: Session #3

Increase fluency in using cognitive distortions and thought records. Coach: Mike

Tuesday the 18th: Session #4

Advanced mindfulness, gratitude, and humility training. Coach: Mike

JULY

Tuesday the 9th: Session #5

Empathy, Compassion, & Forgiveness as a business and life practice. Coach: Norm

Tuesday the 23rd: Session #6

Visualizing concrete steps and forming habits for goals moving forward. Coach: Mike

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COACHING CALLS

For participants enrolled in coaching calls, please see the dates and designated times below. Each participant will call their coach on their designated day and time.

Coaching calls will take place on the following dates:

Monday, May 20th

Monday, June 24th

Monday, July 22nd

Please call your coach at your designated time (see below):

12:00pm ET: Participant 1

12:30pm ET: Participant 2

1:00pm ET: Participant 3

1:30pm ET: Participant 4

2:00pm ET: Participant 5

2:30pm ET: Participant 6

3:30pm ET: Participant 7

If you see any conflicts with the information above, please feel free to switch times with another participant OR contact bijal@maximizeyourtalent.com to reschedule.

Individual calendar invites will be sent from MYT for each coaching call with the information on how to join.