



# ADVANCE WELL™

Coaching-Focused Advancement Program for Rising Women Leaders in Tech



## The PROGRAM



### LIVE EXPERIENTIAL LEARNING

With your cohort of 30 peers, participate in 3 two-hour virtual learning workshops that combine Mettacool's interactive coaching methodology with engaging, evidence-based topics that encourage real-time application of concepts in your job and life.



### EXPERT-LED COACHING

In small, supportive groups of 4-5 of your peers, work with a dedicated Mettacool coach each month for 6 months to apply and act on your experiential workshop learnings, create an action plan for yourself, and build systems and habits that will help you achieve your personal and professional goals.



### COMMUNITY & NETWORKING

In Mettacool's online community platform and through informal Community Connect sessions, connect and collaborate with other cohort participants between the live workshops and coaching sessions, gaining new and diverse perspectives and relationships that will help sustain and advance your career.

## The OUTCOMES

- Increased career clarity
- Improved confidence and self-advocacy skills
- An expanded strategic network
- Enhanced well-being
- Personal and professional goal achievement

## The DETAILS

<b>AUG 23</b>	COMMUNITY KICKOFF
<b>AUG</b>	COACHING SESSION #1
<b>SEP 14</b>	LIVE LEARNING SESSION #1 <i>Confidence &amp; Self Advocacy</i>
<b>SEP</b>	COACHING SESSION #2
<b>OCT12</b>	LIVE LEARNING SESSION #2 <i>Activating Your Success Circle</i>
<b>OCT</b>	COACHING SESSION #3
<b>NOV 16</b>	LIVE LEARNING SESSION #3 <i>Career Clarity &amp; Development</i>
<b>NOV</b>	COACHING SESSION #4
<b>DEC</b>	COACHING SESSION #5
<b>JAN</b>	COACHING SESSION #6
<b>JAN 26</b>	COMMUNITY GRADUATION

## APPLY HERE!

6 MONTHS | 30 SPOTS AVAILABLE | \$2,700\*

\*Payment plan available



hello@mettacool.com



www.mettacool.com

# THIS PROGRAM IS FOR YOU IF



- You are a new or emerging leader – You may be a senior individual contributor with aspirations to take on a people leadership role or a more complex role, or maybe you are a new people leader looking to further develop your leadership skills, brand, and mindset.
- You are ready to advance in your career, but you feel you don't have access to the resources or network you need.
- You desperately want to know how to achieve this “work-life balance” thing everyone seems to be talking about. You feel like your days are all work and no life.
- You find yourself lacking the confidence to promote your accomplishments and ask for what you need.
- You are ready to make a major move in your career WITH your well-being as a priority .
- You are ready to let go of your old stories and beliefs and create a new narrative of success.
- You want to expand your network with like-minded women outside of your organization and are willing to provide support and encouragement to the other women in this program.

## ON AVERAGE, METTACOOOL PROGRAM GRADUATES EXPERIENCE THESE RESULTS:

76%



Increase  
career clarity

73%



Experience  
career mobility

82%



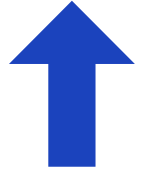
Report professional  
growth

80%



Improve work-  
life harmony

96%



Build greater  
self confidence

### ABOUT US

## WHO WE ARE

Mettacool is a global coaching consultancy that enables women to achieve higher levels of performance and well-being. Designed to help women prepare for professional advancement at critical stages of their careers, our programs uniquely combine career and integrative well-being coaching to inspire participants' sustainable, long-term success.

### CLIENT

## TESTIMONIAL

*“Working with Mettacool has truly transformed my perspective about myself and my career. My coach had the unique ability to help me uncover my ‘superpowers’ and help me build my brand and career plan around them. I’ve found a greater sense of confidence in my self and my career. One of the best investments I’ve made in a very long time.”*

**CHRISTINA P.**  
Netskope

## JOIN US

for a **free info session** on 6/9/2022 to learn more about the program. Register [HERE](#).



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