

# Nicole Winkler

Executive & Life Coach

LYF Coaching & Development (Lift Your Future)





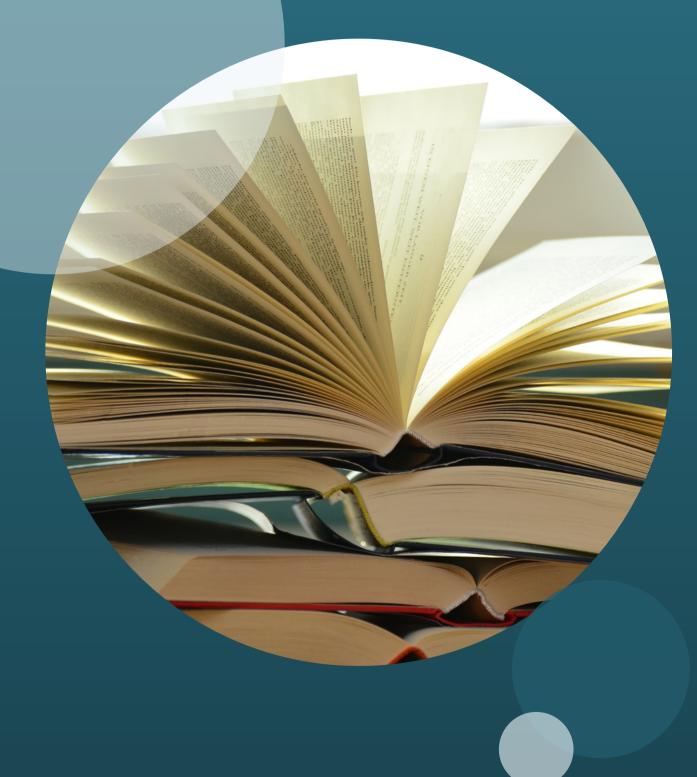
## Family



### Our Fur Babies







- Reading / Listening
- Writing
- Dancing
- Music / Concerts
- Traveling
- Getting to Know People

#### ABOUT











#### WHY EXECUTIVE COACHING?

- Growth As A Leader
- Increase Self-Awareness
- Support & Accountability
- Transformational Change
- Strengths & Areas of Opportunity

#### YOUR FIRST COACHING SESSION

\*Please schedule AFTER your receive your 360 Feedback

Scheduling Link: go.oncehub.com/nicolewinkler

Select 60-Minute Coaching Session

\*If there is a time you would like that is not available please email or text me

nicole@liftyourfuture.com

402-913-0546

#### YOUR FIRST COACHING SESSON

You will have access to your 360 Assessment
 Results On or Around April 15, 2024

 Ideally, our first coaching session will be complete by Session 4: What's My Type?
 Traits at Work

### YOUR FIRST COACHING SESSON

#### When you receive your 360 Feedback:

- 1. Please forward it to me: <u>nicole@liftyourfuture.com</u>
- 2. Print Out Your Results
- 3. Review Once Mindfully (What does that mean?)
- 4. Review a Second Time Highlight & Write

  Notes/Questions, Identified Strengths & Areas of

  Opportunity, 2-3 Ah-Ha's or Insights
- 5. Thank Your Raters Send a Follow Up Email

#### QUESTIONS I WILL HAVE:

What is your role in the organization? How long have you been in this role? What do you hope to get out of coaching? What are your immediate goals? What are your longer-term goals? What have your biggest challenge(s) been the past year? How are you currently managing these challenge(s)? What is it costing you? (sleep, time, stress, etc.) What are your biggest successes so far in your career? What is important for me to know about you?

#### YOUR SECOND COACHING SESSION

Schedule between Sessions 7-9 (August 14, 2024 - October 16, 2024)

Scheduling Link: go.oncehub.com/nicolewinkler

Select 60-Minute Coaching Session

\*If there is a time you would like that is not available please email or text me

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#### YOUR SECOND COACHING SESSION

- We will review your goals from the first session
  - What has gone well?
  - What hasn't gone as well as planned?
- What has been most helpful or impactful for you throughout the NHA Leadership Institute?
- Wins & Challenges:
  - What have your wins been since starting the program?
  - What have your challenges been since starting the program?
- What ah-ha's or insights have you gained as a leader?

#### NHA SESSIONS I'LL SEE YOU



#### What's My Type? Traits at Work

Madonna Rehabilitation Center Lincoln, NE May 22, 2024



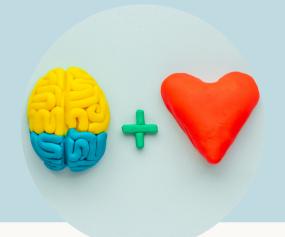
#### **Analyzing Performance**Issues

Columbus Community Hospital Columbus, NE July 17, 2024



#### Coaching for Improved Performance

Faith Regional Health Services Norfolk, NE August 14, 2024



#### **Emotional Intelligence**

Embassy Suites LaVista, NE October 16, 2024

#### **GET IN TOUCH**

**EMAIL ADDRESS** 

nicole@liftyourfuture.com

**PHONE NUMBER** 

402-913-0546

**LINKEDIN** 

https://www.linkedin.com/in/nicole-winkler-2300254/

