



# Nicole Winkler

Executive & Life Coach

LYF Coaching & Development  
(Lift Your Future)



# Family



# Our Fur Babies



# HOBBIES



- 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 you receive your 360 Feedback**

**Scheduling Link:**

**[go.oncehub.com/nicolewinkler](https://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](mailto:nicole@liftyourfuture.com)**

**402-913-0546**

# YOUR FIRST COACHING SESSION

- 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 SESSION

When you receive your 360 Feedback:

1. Please forward it to me: [nicole@liftyourfuture.com](mailto:nicole@liftyourfuture.com)
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:**

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**Select 60-Minute Coaching Session**

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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?**



# GET IN TOUCH

## EMAIL ADDRESS

nicole@liftyourfuture.com

## PHONE NUMBER

402-913-0546

## LINKEDIN

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

