

YOUR LIFE, YOUR TERMS MASTERMIND GROUP

Gain clarity. Scrap fear. Live fully.

This is a six-month program designed to draw you into community with other women looking to get clear about what they want, shed their shoulds and set achievable goals. Ultimately, you'll have a clear, thoughtful plan to achieve your goals, a set of tools to keep your intentions on track and a refined view of what's possible.

Here's what that looks like:

- Six, 1-hour group video conferences
- Six, 30-minute 1-on-1 check-ins with Regan
- Unlimited access to self-guided online courses with exercises
- Email support to keep you accountable

Topics we'll cover:

FEBRUARY: DEFINE YOUR WHY.

Declare your mission, vision, and values so you feel a clarity of purpose.

MARCH: UNDERSTAND YOUR COMMUNICATION STYLE.

Hone your self-awareness and strengthen your relationships.

APRIL: BREAK UP WITH BARRIERS.

Identify what holds you back and develop strategies to overcome.

MAY: CELEBRATE SELF-CONFIDENCE.

Recognize lessons learned from failure and relish hard-earned accomplishments.

JUNE: CHOOSE GUTS OVER FEAR.

Diminish the role of outside opinion and learn to expect realistic outcomes.

JULY: SHED YOUR SHOULD.

Set positive boundaries, and make your yeses count.



BIO

Regan Walsh is an NYU-certified executive and life coach who focuses on helping women who are overprogrammed and underwhelmed to reclaim their lives, both personally and professionally. She contributes to *Harvard Business Review* and *Forbes*, and has been featured in *Fast Company*, *Smart Business*, *Elite Daily*, and *Columbus CEO*.

She has coached hundreds of women through her one-on-one and group coaching programs, and she is regularly asked to give keynotes, facilitate workshops, and speak on panels for Fortune 500 companies, industry associations, and foundations.

It's time for you to live life on your terms.

Enrollment ends February 15.

Email regan@reganwalsh.com to save your spot.