

INDIGOWOMEN

Group Coaching
Experience

Learn Connect THRIVE

Join a network of Black women leaders who are ready to prioritize their self-care and learn to thrive while leading boldly.

IndigoWomen Cohort 8

April 26 - June 21

Live coaching is Tuesdays at 7 PM ET on Zoom.

Apply: IndigoWomenCommunity.com

Application Deadline: April 19, 2022.



www.IndigoWomenCommunity.com



METHODOLOGY & PROGRAM COMPONENTS

Designed for Black women executive leaders and entrepreneurs, this virtual 9-week leadership development journey is guided by The R3 Method™ of Leadership Coaching—a spiritually-inspired and research-based coaching methodology that blends holistic healing and professional transformation.

Coaching Circles combine leadership development content, self-care practices, sisterhood, and joy. **Power Hours** offer an opportunity to build individual coaching skills that transfer to the workplace. Each cohort will break into **Accountability Partners** (2 IndigoWomen) and **Squads** (4 IndigoWomen) to deepen each week's content and commitments to personal leadership and self-care goals.

Supplemental Readings and Videos are provided before Coaching Circles.

IndigoWomen will alternate bi-weekly between Coaching Circles and Power Hours. Program components are intentionally built for busy executive leaders.

2022 COHORT SCHEDULE

Cohort 8

April 26 - June 21

Coaching Circles Tues 7-9pm ET	Power Hours Tues 7-8pm ET
April 26	May 3
May 10	May 17
May 24	May 31
June 7	June 14
June 21	

Cohort 9

July 5 - August 30

Coaching Circles Tues 7-9pm ET	Power Hours Tues 7-8pm ET
July 5	July 12
July 19	July 26
August 2	August 9
August 16	August 23
August 30	

Cohort 10

October 11 - December 6

Coaching Circles Tues 7-9pm ET	Power Hours Tues 7-8pm ET
October 11	October 18
October 25	November 1
November 8	November 15
November 22	November 29
December 6	

Learn More: [2020-2021 IndigoWomen Impact Report!](#)

PROGRAM ENROLLMENT

APPLY TODAY

IndigoWomenCommunity.com
Apply early to secure your spot!

TARGET AUDIENCE

This program is for Black women in the C-suite or those 1-2 levels away.

COST \$2,500

Organizations are expected to sponsor individual staff members.

QUESTIONS

Email hannah@indigowomencommunity.com

Shayna Renee Hammond



Shayna Renee Hammond, Founder & CEO of Lead For Liberation and IndigoWomen, is a serial entrepreneur with an extensive 20-year background in leadership and life coaching, organizational culture redesign, business strategy, and education leadership development.

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