# We LIFT the potential in nonprofit leaders

A 12-month cohort-based coaching group that takes you on a leadership journey to improve your self-awareness, communication and organizational effectiveness - all while being in a supportive community.

## Growing as a leader is hard to do alone.

When the mission needs you, your own development is the first thing to slip. LIFT gives you a year to prioritize it, alongside peer executives from other nonprofits who know exactly what you are carrying.

### A PARTNERSHIP OFFERING FROM

LIFT is offered by **Long Table** in partnership with The Community Foundation for Northeast Georgia as part of the Nonprofit and Leadership Academy.

### EXECUTIVE LEADERSHIP COACHING GROUP

## The process

1. **Self-Paced Study**
   Weekly 20-30 minute video training focused on learning and practical tools to use every day.
2. **Personal Leadership**
   A 100 Exercise focused on helping you improve your own personal leadership and self-awareness.
3. **Capacity Building**
   An X Challenge focused on taking what you have learned and impacting others immediately - creating scalability and multiplication of skills.
4. **Community**
   Bi-weekly one-hour Zoom group sessions aimed at deepening understanding and application while providing accountability on the journey.

### WHY IT MATTERS

## The benefits of LIFT

- ✓ Actively invest in your growth to become more self-aware, emotionally intelligent, and grow your communication and leadership skills.
- ✓ Systematic and proven process for developing toward optimal health and high performance for incremental, sustainable and transformational growth.
- ✓ Real-world and immediate application for what every individual is learning each week.
- ✓ Regular connection, accountability and support from a group of colleagues who are walking through the process together.

### LEADERS FROM THESE ORGANIZATIONS HAVE BEEN THROUGH LIFT

Good Samaritan Health Centers of Gwinnett · SPECTRUM Autism Support, Education & Resources · aurora THEATRE · FamilyPromise of Gwinnett County · HOME OF HOPE · suwanee ARTS CENTER · Community FOUNDATION for Northeast Georgia · The Lionheart School · Habitat for Humanity Gwinnett/Walton · Jacqueline Casey HUDGENS CENTER FOR ART & LEARNING · Annandale VILLAGE · CREATE GWINNETT · SUGARLOAF COMMUNITY IMPROVEMENT DISTRICT · GP · UPPER 90 · RAINBOW VILLAGE · Sheltering Arms · GAS SOUTH DISTRICT

QUICK FACTS

## Quick Facts about LIFT

**WHAT IS LIFT?**

Leadership Impact For Transformation - a 12-month cohort-based coaching group for nonprofit leaders to improve self-awareness, communication and organizational effectiveness.

**WHO IS IT FOR?**

Nonprofit leaders and executives who want to grow their leadership while being supported by a community of peers.

**DISCOUNT**

All CFNEG Agency Fundholders may qualify for a 30% program scholarship.

**CONTINUING EDUCATION**

The Executive Leadership Coaching Group content is an approved offering for SHRM and HRCI Continuing Education Units (CEUs).



YOUR FACILITATOR

### Linnea Miller

Founder and CEO, Long Table

A former educator and nonprofit leader, Linnea has coached and consulted leaders in more than 100 organizations since founding **Long Table** in 2019, from nonprofits and city governments to Fortune 500 companies. She is a certified coach in 5 Voices, 5 Gears, the 100X Leader, the 6 Types of Working Genius and MBTI, and serves on numerous nonprofit boards and committees.

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INTEREST LIST NOW OPEN

## Join the LIFT 2027 Cohort

We are building the 2027 cohort now. Scan the code or visit the link to add your name to the interest list. It takes about a minute, there is no commitment, and Linnea will be in touch as dates, pricing and applications open.

**longtableconsulting.com/lift-2027**

SCAN TO JOIN