

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.

A PARTNERSHIP OFFERING FROM

A partnership for nonprofit leaders

LIFT is offered by **Long Table** in partnership with The Community Foundation for Northeast Georgia as part of the Nonprofit 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.
- ✓ Real-world and immediate application for what every individual is learning each week.
- ✓ Systematic and proven process for developing toward optimal health and high performance for incremental, sustainable and transformational growth.
- ✓ Regular connection, accountability and support from a group of colleagues who are walking through the process together.

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.

FORMAT

Weekly self-paced video training, a personal leadership 100 Exercise, a capacity-building X Challenge, and bi-weekly one-hour Zoom group sessions.

DURATION

12 months, in a cohort of nonprofit leaders and executives who journey with you.

WHO DELIVERS IT?

Long Table, an award-winning metro Atlanta consultancy. Linnea Miller is a certified coach in 5 Voices, Working Genius and MBTI.

WHO IS IT FOR?

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

PARTNERSHIP

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CONTINUING EDUCATION

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

HOW TO ENGAGE

Schedule an introductory conversation - 25 minutes, virtual, no obligation - or send a message through the contact form.

Join the next LIFT cohort

For more information on LIFT and how to join the next cohort, reach out through our contact form and Linnea will get in touch with you.

longtableconsulting.com · info@longtableconsulting.com · 678.592.4150