



The Conspiring Women Coaching Co-op

Round Six Overview & Dates

The Conspiring Women Coaching Co-op is an affordable, high-quality, professionally supervised, reciprocal peer coaching space for mission-driven women. It provides an on-going space for reflective leadership practice and mindful living. [Please see our FAQs.](#) It's a simple model:

- You apply to join the Co-op (\$19 one-time registration fee).
- After paying, click on "Joining the Conspiring Women Coop" on the left to answer a few questions to complete the application.
- Once accepted, you are invited to enroll in a round of coaching (*12 sessions total within 4 months; This includes 6 sessions for you to be coached and 6 sessions for you to coach someone else*).
- Each round costs \$49 to cover our admin costs of operating the platform, matching, monitoring, etc). We will roll out 3 rounds per year so you'll have access to ongoing coaching year-round.
- You complete a profile that will be used for matching you with your coachee.
- You select at least 3 coaches based on their profiles who you'd like to coach you. (Note, these are peers, not trained coaches)
- You are matched!
- You attend a training on coaching and being coached.
- You gain access to a private platform full of worksheets and resources to maximize your experience in both your roles of coach and coachee.
- You connect with your coach and coachee (two separate people) and follow a guided process to kick off your work together! We will monitor your progress and offer support.
- At the end, all parties provide feedback on coach and coachee. This creates a system of accountability and transparency that will deepen with each round.

Getting Started

- Week 1: Welcome to the The Conspiring Women Coaching Co-Op Reciprocal Peer Coaching, Round Six
- Create Your Profile for Matching & Submit by February 23rd
- Getting Ready to Coach



- Getting Ready to Be Coached
- RSVP for a Live Training
- Review Key Dates & Organize Yourself to Be Available

Participate in the Matching Process - February 24th - March 8th

- Getting Ready to Request Your Peer Coach
- Review Profiles and Request Coaches by Sunday, March 1st
- Matching Next Steps

Connect with Your Coach & Coachee -March 4th - 8th

- Read Coaching Foundations Prior to the Training, Including Listening to Norms Podcast Before the Live Training
- Attend a Training on March 1st - Here's Your Zoom Meeting Info
- Co-Op Training Slides
- Recording of Training Part II: A Simple Coaching Model to Follow
- Review Matching Email
- Make Contact with your Coach
- Make Contact with your Coachee

Coaching Session #1 - To take place between March 9th - April 4th

- Hello From Jen: Getting Ready for Session #1
- Intro To Your First Coaching Conversation
- Agenda for Coaching Session #1 - Please read before coaching session #1
- Complete your first session as a COACH and answer one question
- Complete your first session as COACHEE and answer three questions
- Recommended: Worksheet to Help Clarify Your Coaching Goals and Plan for Sessions

Coaching Session #2 - To take place between April 5th - May 2nd

- Complete this Pre Session Prep Form and Email to Your Coach
- Guidance for Coaches: Framework for Session #2
- Coaching Skills Focus: Empathy and Partnership
- Complete your second session as COACH and update system
- Complete your second session as COACHEE and update system
- Optional (Highly Encouraged): Post Session Reflection & Action

Coaching Session #3- To take place between May 3rd - May 23rd

- Complete this Pre Session Prep Form and Send to Coach
- Guidance for Coaches: Framework for Session #3



- Optional Coaching Skills Focus: Curiosity and Powerful Questioning
- Complete your third session as COACH and update system
- Complete your third session as COACHEE and update system
- Optional and Encouraged Post-Session Reflection & Action

Coaching Session #4 - To take place between May 24th - June 20th

- Complete this Pre Session Prep Form and Email to Your Coach
- Guidance for Coaches: Framework for Session #4
- Optional Coaching Skills Focus: Holding to Account and Stating Expectations
- Complete your fourth Session as COACH and update the system
- Complete fourth Session as COACHEE and update the system
- Optional & Encouraged Post Session Reflection & Action

Coaching Session #5 - To take place between June 21st - July 11th

- Complete this Pre Session Prep Form and Send to Coach
- Guidance for Coaches: Framework for Session #5
- Coaching Skills Focus: Listening on Multiple Levels
- Complete your fifth session as COACH and update the system
- Complete your fifth session as COACHEE and update the system
- Optional & Encouraged Post-Session Reflection & Action

Coaching Session #6 - Final session to take place between July 12th - August 8th

- Complete this Pre Session Prep Form and Email to Your Coach
- Guidance for Coaches: Framework for Session #6
- Complete your sixth session as COACH and update the system
- Complete your sixth session as COACHEE AND and update the system
- Optional & Encouraged Post-Session Reflection & Action
- Final Feedback, Testimonial & Certificate of Completion

About Your Instructor



Jen Walper Roberts

Leadership & Transition Coach

Jen is the founder of Conspire Coaching. With a background in nonprofit leadership, diversity and inclusion and nonprofit management consulting,

Jen founded Conspire in 2011 and has worked with hundreds of mission-driven women to succeed, lead and thrive in their careers, lives and organizations. Jen is the founder of the Women Leaders Emerging career and leadership coaching program. She currently works with female-identified leaders in North America, the UK and Europe through her private practice. Jen also coaches social work team leaders through the Firstline Programme and educational leaders in affiliation with GatenbySanderson.

Jen hopes that through the Conspiring Women Co-Op, women/ female-identified people will have access to affordable and rich coaching experiences. Jen's belief is that coaching is a radical, mindful practice that nurtures humans to transform their leadership and their lives, and ultimately be forces for connection, one-ness and healing in the world.

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