

join us!
BOBA BREAK

with
I-NAPA

INFORMAL
VIRTUAL
NETWORKING
MEETINGS



Focused Speed Coaching

February 11, 2022



#GetOnItin2022 #ImReady



🐾 Happy New Year! 🐾

Before we begin...

Upcoming Events

*inspire inclusion*
WEBINAR SERIES

PARTNERING TO SERVE ETHNIC COMMUNITIES

**Hope Velarde**
City of Rancho Cucamonga
[Healthy RC](#)
Management Analyst

**Shobhana Johri Verma**
[South Asian American Policy & Research Institute](#)
Executive Director

**Wei Wei Wang**
[Vermont Health Equity Initiative](#)
Executive Director
&
[Vermont Professionals of Color Network](#)
Executive Director

Moderator: Elaine Wang
Assistant Town Manager - Barre Town, VT
I-NAPA VP for Membership 

FEBRUARY 17, 2022
12:00-1:30 PM PST | 3:00-4:30 PM EST

register:
[HTTPS://BIT.LY/INAPAWEBSERIESFEB2022](https://bit.ly/inapawebseriesfeb2022)

Introductions



Grow
Yourself



Grow
Your
Career

To Grow Yourself....

1. Know Yourself
 2. Check Yourself
 3. Be Ready
 4. Create More
- 

Know Your- Self

- Assess strengths and limits
 - Tools (Strength Finder, Emotional Competency indicator, Personality Assessments)
 - Trusted peers or mentors
 - Face your fears, insecurities
 - Evaluate your fit with organization's needs now or future
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- **How do I honestly assess my myself, strengths, challenges, etc?**
 - **How do I become courageous to face my fears?**

Check Your- Self

- Manage your own feelings and emotions – (could be more or less)
- Calm yourself to keep others calm to perform under trying times
- Be optimistic and resonate hope, express warmth
- Center and ground yourself

- **How do I keep my emotions in check? How do I express them?**
- **How do I develop better emotional intelligence and interpersonal skills ?**

Be Ready

- Know what it means to “feel” ready
- Reduce energy (friction) in transition to action
- Create forward movement

- **How can I be more flexible and adaptive to changing conditions?**
- **How can I move forward with ease and bring others along?**

Create More

- Create teams, partnerships, collaborate: the whole is greater than sum of its parts
- Empower yourself and others (work at “top of your license”)
- Engage at all levels (coaching and mentoring)
- Be open to new ways of thinking, being, doing – expand *your own mind*
- **How can I build greater capacity in myself and my organization?**

The Process for focused speed coaching

- 1) Each zoom room: Coach and Learner(s)
- 2) Introductions
- 3) Learner(s) share how they approach the Growth Action, and where they need help.
- 4) Coach gives feedback and shares insight and experience
- 5) At end of 10 minutes, Learner will be switched into another zoom room with another Coach and another Growth Action
- 6) Each round is a different Growth Action. We do four rounds to hit all 4 Actions.

#IThinkIgotIt

#ImSoReady

To Grow Yourself....

1. Know Yourself: How do I honestly assess my myself, strengths, challenges, etc?
How do I become courageous to face my fears?

2. Check Yourself: How do I keep my emotions in check? How do I develop better emotional intelligence and interpersonal skills ?

3. Be Ready: How can I be more flexible and adaptive to changing conditions? How can I move forward with ease and bring others along?

4. Create More: How can I build greater capacity in myself and my organization?



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Thanks for joining us

If interested in participating in an I-NAPA mentoring program, please fill out this form [here.](#)