

Reenergizing

Sometimes mid-level leaders become discouraged. The enthusiasm they once had seems to have waned. Upper management has seen the “former self” and wants that person back on the job as soon as possible.

Prerequisites: Meyers-Briggs test: [MBTI Personality Types](#)

Length: 5, 1-hour one on one coaching sessions at 1 week intervals

Summary: You will get a clear look at who you are; why you tend to do what you do; why you might need reenergizing; and practical next right steps to becoming your full potential again

- **Utilize the results of the MBTI to examine details of self**

- **Explore the range of motivational possibility**
 - a. **Where the employee is at today**
 - b. **Where the employee was at in the past**
 - c. **What has changed**

- **Look at their sense of well-being on the job**

- **Parameters of accountability and self-regulation**
 - a. **The goal**
 - b. **The gap in performance**
 - c. **The critical tasks to be managed**

- **Look sources of fulfillment**
- **Examine a current positive / negative event**
- **Decided how you want to show up on the job**
- **Start next right steps**