

# InnerU Program

Gayle Lawrence



Whether you are an expert in your field who has been called to step into a leadership role, already a leader seeking to expand your capabilities, or a solopreneur coach committed to growing your business and evolving your coaching skills, I am here to support you every step of the way.

As a leader, you understand the importance of continuous growth and the desire to make a lasting impact. That's why I offer tailor-made solutions that are designed to meet your specific needs and help you achieve the results you desire. Together, we will embark on a transformative journey where I will coach you, step-by-step, to unlock your full leadership potential.

I believe that true leadership comes from the heart, and that's why I emphasize the importance of inner work. Whether you're already an accomplished leader or just starting out in a leadership role, I will guide you in discovering your authentic self and equipping you with the strategies and skills to lead with confidence and clarity.

I understand that choosing the right program can be a tough decision, which is why I've made it super simple for you. Each program listing on my website features a clear description of who it's ideal for, what you can expect, and how it will benefit you on your leadership journey.

Alternatively you can book call and discuss your needs.

I look forward to joining you on this incredible journey of growth and transformation.

Always,

A handwritten signature in black ink that reads "Gayle". The signature is written in a cursive, flowing style with a large, elegant initial "G" that loops back under the rest of the name.

## Is this you?

Are you an emerging leader who is currently feeling stuck, overwhelmed, or unsure of how to navigate the challenges that come with leadership? Perhaps you find yourself facing self-doubt, lacking confidence, and struggling to effectively manage your inner critic. If this resonates with you, then the Inner Champion Program is tailored to address your specific needs and support you in your personal and professional growth.

## Why This program is ideal for you

The Inner Champion Program is a comprehensive journey that combines the power of the EVOLVE model and the InnerU framework. Through a combination of live virtual sessions delivered via Zoom, a supportive group environment, and a specially crafted Inner Champion Workbook, you will embark on a transformative experience that will enable you to shift from self-doubt to self-belief, from limitations to limitless possibilities.



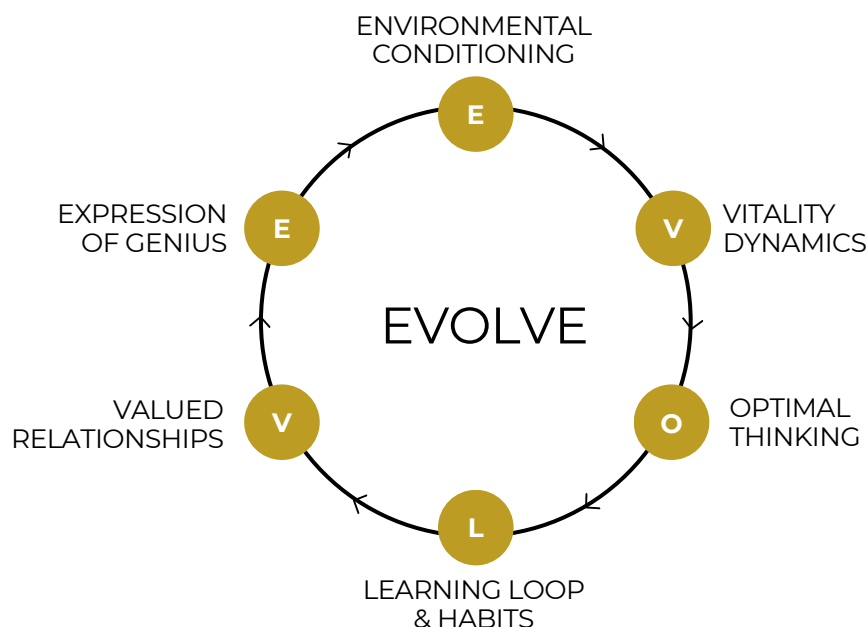


# The EVOLVE Framework Underpins everything we do

My commitment and passion lie in helping you make a positive impact in the world. I believe that true transformation and growth as a leader come from a holistic approach. That's why the EVOLVE Framework underpins everything I do and serves as the foundation for our programs.

## Introducing the EVOLVE Model for Emergent Leaders:

As an emergent leadership coach, I have developed the EVOLVE Model, which serves as the guiding framework for my work with clients. This model is built upon six pillars that are crucial for emerging leaders to transform into inspirational and influential leaders. Drawing from my experience working with individuals who are seeking to make a positive impact, the EVOLVE Model provides the foundation for our coaching programs.



Each pillar of the EVOLVE Model is interconnected, and when aligned, they create a powerful synergy that propels your growth as a leader. Just like a chain is no stronger than its weakest link, addressing all aspects of your leadership journey is key to unlocking your full potential.

## Key Benefits:

1. Shift your inner critic to your inner champion
4. Stand strong amidst challenges
6. Express your authentic self and be heard
7. Release worry, stress, and anxiety fueled by self-doubt
9. Embrace challenges and release the fear of failure
10. Be a role model for others
14. Build effective relationships and manage conflicts

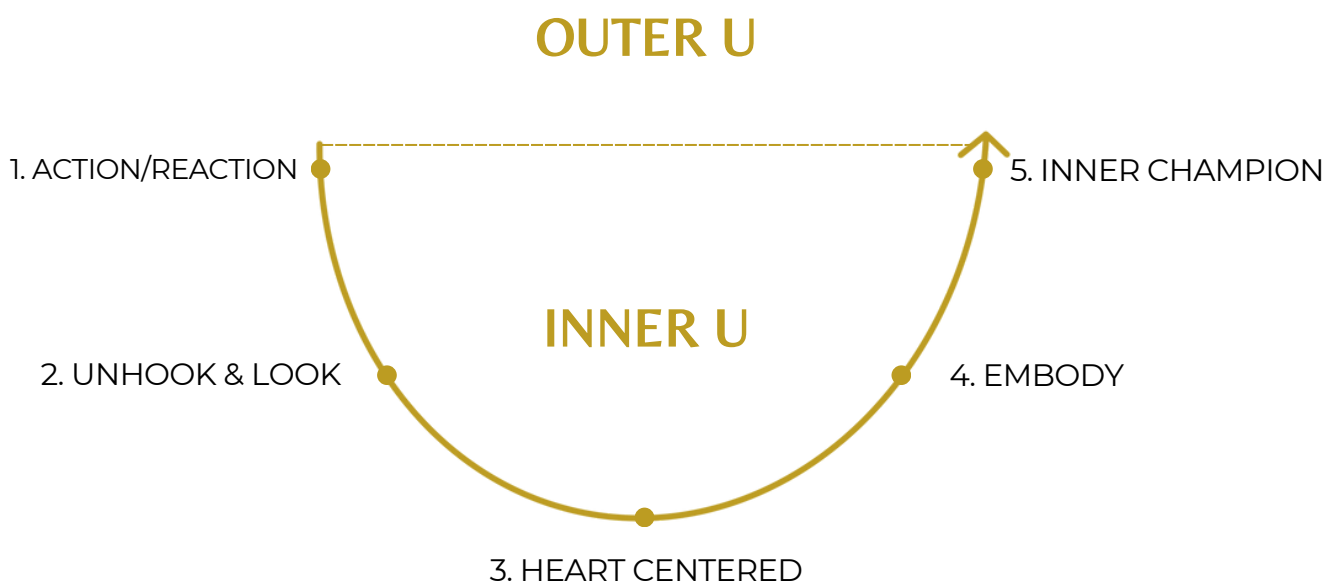


# How We Work Together - Inner Champion Program:

Inner work may seem unconventional or even unnecessary for leaders who are focused on their mission and helping others succeed. However, it is precisely why it becomes crucial. Just like the saying, "putting your oxygen mask on first before you help others," leadership requires self-awareness and understanding of your own responses.

Rest assured, you are in good hands when you work with us. Our approach is akin to embarking on a journey with a seasoned guide who knows the path, what obstacles to watch out for, and how to steer you towards becoming a leader with an inner champion, capable of creating success.

The Inner Champion Program is built upon the "Inner Framework," which was initially adapted from theoryU and extensively tested with clients who desired to stop hiding, define their leadership identity, and gain the confidence to lead authentically.



# Your Journey inside the program:

The Inner Framework of our Inner Champion Program was originally adapted from theoryU and has been thoroughly tested with clients who desired to stop hiding, define their leadership identity, and gain the confidence to lead authentically. The program consists of five transformative stages, guiding you on a profound journey of self-discovery and empowerment. Here's a clear articulation of each stage:

## **Stage 1: Ground Zero - Transition Point**

Imagine embarking on a trip with a seasoned guide who knows the path, what to watch out for, and how to steer you towards becoming a leader with an inner champion that helps you create success. At this stage, you find yourself as a current leader, seeking this transformative service. You may have exhausted the "how to fix this" or "what other skill based course do I need" approach and are ready to delve deeper. It may feel unfamiliar and disorienting, but together, we explore your situation as valuable information, going beyond the surface to understand the "why."

## **Stage 2: Unhook & Look**

In this stage, we challenge the belief that things happen because that's just the way it is or the way you are. We recognize that you hold responsibility for what you create in your life, often influenced by stories you've bought into. The key is to unhook yourself from fixed ideas and truly examine them with curiosity and compassion. By doing so, you gain a fresh perspective and the power to break free from limiting narratives.

## **Stage 3: Heart-Centered**

The heart-centered stage is where profound transformation occurs. It's a powerful position deep inside you that holds your truth, and passions. By connecting with this inner core, wisdom is awakened and driven to the surface. Here, you tap into your authentic desires and align your actions with your values, fostering a sense of purpose and clarity in your leadership journey.

#### **Stage 4: Embody**

In this stage, we integrate the newfound awareness and knowledge gained throughout the program into your being. It involves decoding old habits and patterns that no longer serve you and encoding new beliefs and behaviors that align with your leadership vision. By embodying your inner transformation, you create lasting change and pave the way for continued growth.

#### **Stage 5: Inner Champion**

The pinnacle of the journey, the Inner Champion stage, represents a point of unwavering certainty and strength. Here, you stand tall, resilient, and empowered, regardless of the challenges life may throw at you. You fully embrace who you are as a leader, express your authentic self, and excel in making a positive impact on others and the world around you. This stage embodies the culmination of the Inner Champion Program and the realization of your true leadership potential.

By progressing through these five stages of our client journey framework, you will experience a profound shift from inner critic to inner champion, gaining the tools, insights, and confidence to navigate your leadership path with authenticity, purpose, and effectiveness. Join us on this transformative journey and unlock your inner champion to create success and make a positive impact as an exceptional leader.

## **I am here to support you**

As part of this comprehensive program you will also experience:

- **A Supportive Community:** You'll be part of a supportive group environment, connecting with like-minded individuals on a similar journey, fostering accountability, sharing experiences, and learning from one another.
- **Personalized Guidance:** Alongside the group sessions, you'll receive personal onboarding and individual guidance tailored to your specific needs, ensuring a personalized and transformative experience.



By working through these elements of the Inner Champion Program, you will gain a deeper understanding of yourself as a leader, unleash your full potential, and develop the confidence and resilience to lead authentically and make a positive impact in your professional and personal life.

Join us on this transformative journey and discover the power of embracing your inner champion to create success as an exceptional leader.

Join us in the Inner Champion Program and embark on a transformative journey of self-discovery, empowerment, and growth. Say goodbye to self-doubt, limitations, and the fear of failure, and welcome a life of authenticity, purpose, and limitless possibilities. Together, we will embrace the InnerU framework, unlocking your inner champion and guiding you towards a future filled with confidence, success, and joy.

# Let's Get Started - Your Next Steps

Congratulations on taking the first step towards unleashing your inner champion and embarking on a transformative journey with us. Here's a clear description of your next steps to begin working with me:

## Step 1: 20-Minute Introductory Call - No Charge

Book a '20-minute Intro Call' with me to kickstart our collaboration. During this genuine heart-to-heart conversation, we will delve into specific and meaningful questions to explore your needs and determine the best path forward. Some examples of the questions we'll discuss include:

After the Discovery Session, we will schedule your next three coaching appointments. You will gain access to our coaching portal, where you will find recorded materials and resources to support your journey. Before our first session and throughout our time together, you will receive worksheets, call sheets, and additional resources to enhance your learning experience.

We will commence our 'inner work' together, spacing the sessions to allow for integration of your newfound insights. In between sessions, you will engage in activities aligned with the program and your personal growth.

Throughout our time together, we will regularly review your progress, ensuring that you are maximizing the benefits of the program. We will also take moments to pause and celebrate your achievements along the way.

Get ready to embark on this transformative journey, where you will uncover your inner champion and create profound positive change in your leadership and life. I am excited to be your guide on this path of growth and empowerment.

[BOOK Your Introductory Call](#)



"Thank you, Gayle, for such a wonderful 8 weeks which itself has propelled me into my own journey with a different perspective. Your expertise and guidance have been invaluable, and I've gained a new level of understanding and confidence. Your passion for what you do truly shines through, and it has inspired me to take my practice to new heights. I highly recommend working with Gayle if you're looking for a transformative experience and impactful results."

- Meredith



"I've been coached by Gayle for the past 3 years, and it has been an incredible journey. Gayle has the ability to authentically connect with you, uncover your internal drivers, and help steer you in the right direction. Working with her, I've addressed limiting beliefs, planned effectively, and celebrated milestones. One of my treasured memories is when my first 'paid' client agreed to take up my program, and Gayle shared in my excitement! She has been fully committed every step of the way and played a huge role in turning my idea into a full-time professional career. If you're looking for someone as passionate about your success as you are, Gayle is your person!"

- Kristian B.

# Meet Gayle Lawrence



Hi there, My name is Gayle,  
and I am your transformational  
leadership coach.

I believe that true leadership comes from the  
heart, not just from following a textbook.

Human connection cannot be learned solely from pages; it requires a deeper understanding and connection with oneself and others.

That's where I come in. Part cheerleader, part coach... I help professionals like you answer the call to lead, allowing you to make a positive impact that stems from your authentic self.

My clients know me as someone who gets to the heart of the matter. I bring information to life and create a fun and dynamic learning environment. I am a great mentor and a dynamic coach who doesn't think outside the box but questioned its existence.

Clients describe me as a deep thinker, wise mentor, and dynamic coach who brings information to life in a fun and engaging way. I take pride in making complex concepts simple, providing guidance that gets to the core of the matter. With keen observation and a talent for making connections, igniting transformative growth in my clients.

My unique advantage lies in my ability to observe and connect dots that others may miss. I have a natural talent for connecting with people, helping them feel relaxed, and quickly understanding the core issues they face. I take the time to truly know my clients and guide them to know themselves.

I believe that when we embrace simplicity and joy, profound transformations can occur.