



Coaching Program

EXECUTIVE PARTICIPANT APPLICATION

Congratulations on deciding to further your professional development through CUWLA's Coaching Program. This is an important step in your continued success as an Executive. The mission of CUWLA's Coaching Program is to inspire, support and grow your expertise as a leader for your organization. You will be paired with a CUWLA Coach who is an experienced and thoughtful leader committed to investing her time to assist in your development. Your Coach will share her professional knowledge, experience, and wisdom and act as your guide.

As a CUWLA Executive Participant, you will receive support from your Coach and other women in your program cohort. This program is designed to give you a fresh perspective and an independent point of view while being guided through a process designed to help you improve in the areas most important to you.

By completing and submitting this application, I agree to be committed to the coaching process and program. As an Executive Participant, I agree to the following principles and commitment:

1. Working with my Coach, I will set up a schedule that respects our work schedules but also respects the commitment my Coach has made to my career development
2. I will make every effort to attend program events laid out in the welcome packet. This includes scheduled development coaching calls, two cohort Zoom learning sessions, and an awards dinner. Scholarships for awards dinner will be available.
3. If my schedule, skill set, or personality does not mesh with the Coach assigned to me, I will immediately notify the CUWLA Program Coordinator.
4. I will work with my Coach to create an honest and relevant development plan best suited for my professional goals.
5. I will work independently to achieve the goals outlined in my development plan while documenting my progress.
6. Midway through the program, I will complete a mid-program evaluation to provide the CUWLA Program Coordinator with important feedback for the program's improvement.
7. Upon completing the program, I will complete an end-of-program evaluation sharing my overall experience as an Executive Participant in the CUWLA Coaching Program.





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Personal Information Required

Please Print Clearly or Fill Out on the Computer using Adobe Acrobat

Name: _____ Address: _____

Title: _____ Phone: _____

Credit Union: _____ Email: _____

Size of Credit Union: _____ Years of Experience: _____

What are your preferred methods of communicating with your Executive Participant? (Check all that apply)

- Phone
- Email
- Video Chat
- In-Person
- Text

Acknowledgments & Additional Information

Have you participated in a Coaching Program before?

- Yes
- No

What characteristics of a Coach or expertise do you believe would be an ideal pairing for you?



Coaching Program

Acknowledgments & Additional Information (Continued)

Have you recently completed behavioral assessments such as DiSC, MBTI or 360 feedback that may be valuable to share with your Coach during the program?

After this program is completed, how will you know it has been a successful use of your time and effort?

Are you willing to commit to all the program timeline and commitments to the best of your ability?

Yes No

Are you willing to collaborate with other Executive Participants assigned to your cohort to learn from your peers and your Coach?

Yes No





Coaching Program

Criteria for Selection

The following questions will further assist the CUWLA Coaching Committee on the final selection process. When answering these questions, please provide a relatively recent experience. For example, something that occurred in the past three years or so rather than earlier on in your career. Please provide detail and examples to illustrate your past experience as best as possible.

Greatest Need

Please describe the current circumstances in your professional development and overall work experience that led you to explore a working relationship with an Executive Coach? What are the reasons for wanting a coach?

What are your career goals? Please share the specific goals you have in mind that you believe participating in the CUWLA Coaching Program would be useful or necessary?

Experience Learning

Please describe a situation in which you were given an opportunity to learn something new or raise your current performance. What was the situation? What did you do to successfully complete this learning process? What was the outcome and results of this learning experience?





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Commitment

Please describe a situation in which you were asked to complete something challenging with multiple obstacles and yet you were able to meet the challenge. What was the challenge? What did you do to successfully overcome the challenge? What was the outcome or results?

Resilience

Please describe a recent situation in which you faced a challenging situation in either relationships or in a specific situation. What was the situation? What did you do to successfully resolve the issue? What was the outcome and results?

Is there anything else you'd like to tell the CUWLA Coaching Committee regarding your interest in this program or your intentions in being a part of this program?

Signature

Date

