

Federal Internal Coaching

Take the Next Step...



Free to All Employees

How can I sign up?

- Email Michelle Reugebrink at michelle.Reugebrink@usda.gov
- Michelle will match you with an accredited coach within a few weeks.
- More information is available at: [Coaching in the Federal Government](https://chcoc.gov/content/coaching-federal-government) (<https://chcoc.gov/content/coaching-federal-government>)

What does a Coach Focus on?

- A coach will partner with you to find the driving force of your needs, wants, and dreams.
- A coach will work with you to identify all possible opportunities and personal strengths that will prepare you to reach what you want.
- You will be challenged to explore creative solutions to overcome obstacles and fears standing in the way of your climb to reach your purpose.