



Tricia Dempsey

Leadership coaching: 5 Keys to Rise and Thrive

Email: tdempsey@thrive-her.com

Website: Thrive-Her.com



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COACHING

1

LIVE YOUR PURPOSE

Be intentional about WHO you serve, HOW you leverage your strengths and WHAT impact you want to make.

Download the Purpose Roadmap at www.thrive-her.com/roadmap

2

MANAGE YOUR MIND

Your brain has 60,000 thoughts a day...95% of them are repetitive. Have a CEO mindset.

3

PRACTICE SELF-CARE

Leveling up requires practicing greater self-care at each new level. Personally, and professionally.

4

BUILD SUCCESS HABITS

Know the result you want most and build success habits to achieve your goals.

5

TAKE MASSIVE ACTION

Give yourself permission to fail 100 times this year. Insight without action is worthless.

YOU WERE MADE TO THRIVE!