

### NOTE from the FOUNDER

Dear Customers, Colleagues, & Friends,

"It's Summer. School is out, vacations are happening, and business is as USUAL. As Professionals with multiple roles – being a parent, guardian, care-taker and other roles that we take-on, this time of year somehow seems harder - with too many things on our plate and too many people to manage in a day. Time management (or dare I say *attention management*) and maximizing our energy becomes EVEN more important to give our best. Think of the airplane emergency exit analogy: In case of an emergency, we need to put the mask on us first and then our child. We need to take care of our WHOLE self (mental and physical health) to be able to perform and give our best at work and outside. You first need enough energy for yourself to then take care of others.

This edition is dedicated to your well-being! Because you are IMPORTANT! EmpowerU to be your best self through 'self-care.' We talk about tips on managing your time, how to maximize your energy through the *Healthy Mind Platter*, and more!

**EMPOWERU! By taking care of YOU!**

### SERVICES

Looking for a facilitator for your next off-site? New to a leadership role? Need help with small or large-scale change? Thinking about launching a mentoring program? Build trust? Collaborate better? Need a coach? **THEN We can help!**

We offer leadership solutions to individuals and organizations through our coaching and consulting practice to EmpowerU. From the beginning, we seek to understand your needs through a discovery call. With our Coaching practice, we believe it is a partnership between the coach and coachee that leads to insights and behavior change. We customize each engagement to fit the needs of the client. An example of a coaching engagement that we were involved with is a new leader coming up to speed with the role: transitioning from an individual contributor to a people manager and dealing with challenges of an acquired team.

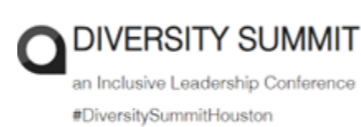
Our Consulting practice entails working with our clients to empower, encourage, and inspire. We collaborate to bring customized solution. An example is creating a mentoring program or providing consultation and resources for large and smaller scale changes at a company. [Read to discover more.](#)

### LEADERSHIP CONCEPT: TIME MANAGEMENT

Feeling overwhelmed? Need to be more organized? Can't seem to focus? Then focus on your time management skills in a brain-friendly way. I challenge you to think of it as "attention management." Find out how our brain works, time management tips such as IF THEN plans, how to prioritize, and reach your peak performance by reading this brief [blog](#).

### GIVING BACK: COMMUNITY INVOLVEMENT

We were very fortunate to have the opportunity to *give back* to our community and Empower others:



@ the Diversity Summit in Sugarland, TX in May, DB Coaching & Consulting had the opportunity to be a part of the Coaches' Corner. In partnership with International Coaching Federation (ICF) Houston, we offered coaching services to a group of diverse professionals – covering topics such as career transitions, transformational change, cultural integration, leading others and more. We are grateful to help Empower others in their professional journey!



Left: Dolon at the Diversity Summit. Right: Posing for a pic as Dolon coaches Trent.



As an International Coaching Federation of Houston [Board Member/Professional Development Chair](#), Dolon has the opportunity to work with an amazing group of coaches and lead the Professional Development Committee to bring programming focused business acumen and coaching competence. In April, she facilitated a panel discussion focused on how to take your business to the next level for coach and consultant entrepreneurs. Insights were shared about strategy, marketing, sales, and operations. In May, we also organized an event focused on coaching competence by observing a live coaching session with a certified ICF Coach and coachee.



Dolon with panelists from Elevate Your Biz: Taking It to the NEXT Level. Left to right: Rashmi Dalol, Dolon, Soha Haque, Ken Roseboom, and Jevon Wooden.

### Leadership Tip: Maximize Your Energy

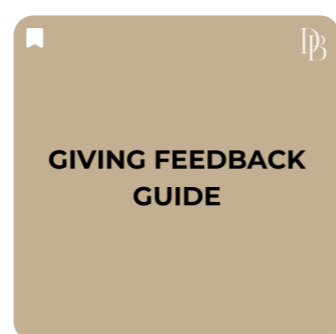
Create a *Healthy Mind Platter*: Here are 7 daily activities for mental nutrients for your brain to function at its' best and energize you!

- Sleep time:** Get 7-9 hours of sleep, ideally at one time.
- Physical activity:** Movement increases blood flow in your brain and helps with memory formation, learning, and stress management.
- Focus time:** Sustained uninterrupted time to a single task (not multi-tasking).
- Connecting time:** Social support helps with physical health and mortality and stress management and maintains positive outlook.
- Playtime:** Unstructured time that helps with social skills, facilitates learning, and helps people practice new motor skills.
- Downtime:** Unplug where you don't have a goal or outcome in-mind.
- Time-in:** Awareness of self and inner life (thoughts, emotions, bodily sensations) and external world-mindedness.



To discover more, read this brief [blog](#).

### FEEDBACK Dos & Dont's – FREE Download



As you prepare for your next feedback conversation with your team, peer, and others, check out these tips for providing feedback.

[Download TIP Sheet](#)

### Empowering Organizations & Individuals: KUDOS!

We are grateful to help individuals and organizations. Thank you for your kinds words as we work together to EMPOWERU:

*Working with Dolon was a pleasure. She provided thought leadership on change leadership and international high-potential mentoring program at Huntsman International. Dolon took the feedback I provided and customized solutions that included practical resources for our high potential mentoring program and change leadership initiatives that we used. She provided deliverables on-time. Dolon was always available for a meeting and easy to work with. In conversations with her, I knew she knew her stuff. I would highly recommend working with DB Coaching and Consulting. Jason L. Manager, Huntsman International*

*Dolon is an exceptional coach who significantly impacted my career success through our coaching sessions. Her attentive and personalized approach sets her apart. Dolon truly listens to her clients, ensuring that her coaching aligns perfectly with their objectives. Her insightful guidance and tailored strategies have been invaluable in navigating my professional journey. Dolon's dedication and expertise make her a standout coach, and I highly recommend her to anyone seeking impactful and results-driven coaching. Kiran C. HR Leader, Sabio Holdings*

### TAKE ACTION FOR YOU

Focus on you and your organization! See how we can [help](#).

Partner with DB Coaching & Consulting to help EmpowerU by [signing-up for a FREE Discovery Call](#) for your coaching and consulting needs.

**Sign-up to receive emails about upcoming events, special offers, and more!**

[Sign up now](#)

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