Playing Big Leadership Programs

Photo credits: Playing Big program graduates

Playing Big Leadership Programs

Created and led by author and women's leadership expert, Tara Mohr, the Playing Big online programs unleash the potential of high-talent people, empowering them to confidently bring their best ideas forward and to lead with passion and authenticity.

To learn more, or register your group, email partnerships@taramohr.com

Playing Big Program

In this six-month course, participants gain the skills they need to play bigger at work. They learn to quiet their inner critic, access and trust their own authentic leadership, unhook from praise and criticism, courageously communicate their biggest ideas, and much more.
Program tuition: $1180 Learn more here.

Playing Big Facilitators Training

This six-month training for managers, mentors and coaches combines two layers of learning and exploration: 1) individuals learn the Playing Big skills for themselves and 2) they learn to manage, mentor, and coach others using the Playing Big model. Participants also receive a 4-hour *Introduction to Coaching Skills,* and practice coaching and mentoring in small groups throughout the program. This course is accredited by the International Coach Federation (ICF) for 40 Continuing Coach Education (CCE) units.
Program tuition: $3299 Learn more here.

The Coaching Way

This course is an introduction to having coaching conversations and to integrating coaching approaches into mentoring, managing, and consulting. Participants gain improved listening, problem-solving and communication skills — alongside coaching ones.

Research has found that over 70% of people who receive coaching demonstrate improved work performance, relationships, and more effective communication skills. 86% of companies report they more than recouped their investment on coaching. For managers and leaders, coaching means you can bring out the best in team members and do work that is more enjoyable, impactful and fulfilling for all involved.
Program tuition: $1425 Learn more here.

Proven Outcomes

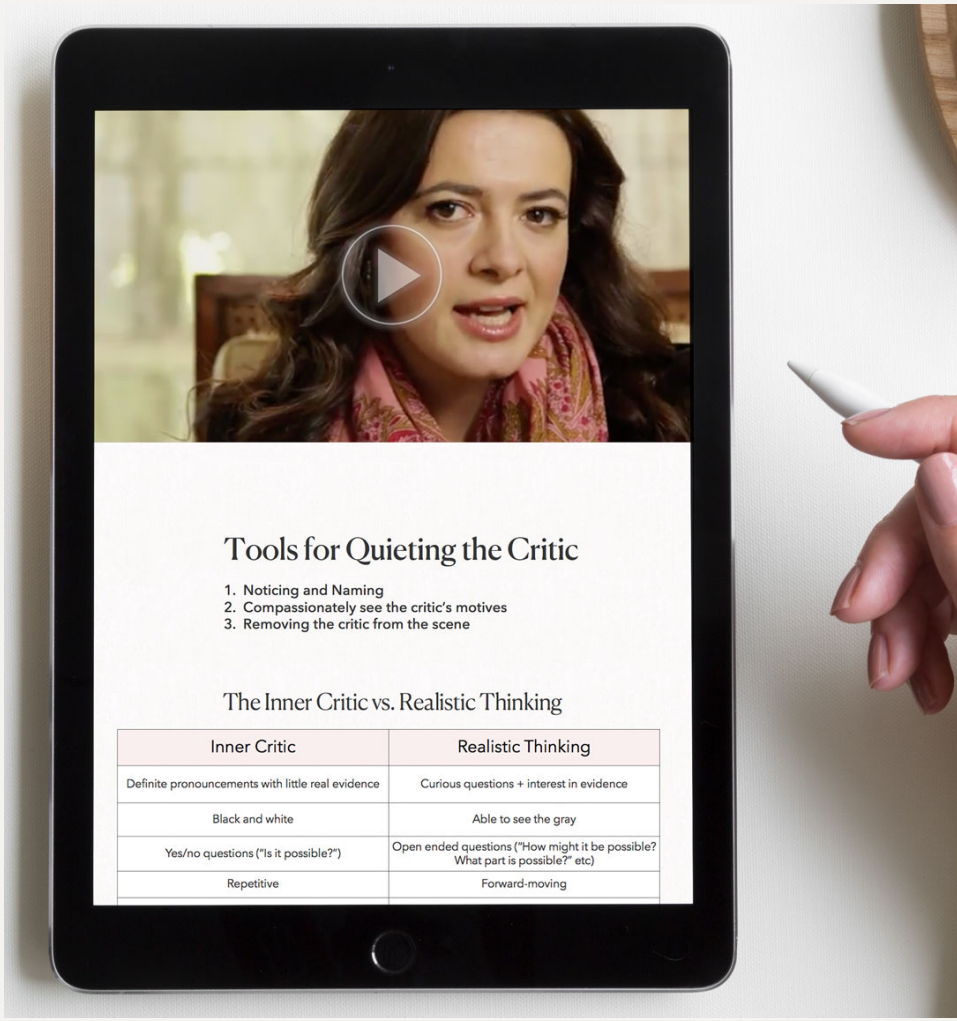
Thousands of people around the world have attended Playing Big training programs.
This is what they have to say:

- 94% report they **share their unique ideas, questions, and critiques** more frequently and more boldly
- 94% report they have **more confidence**
- 87% report they are **less afraid of criticism**
- 81% report they are **more powerful communicators**
- 87% report they **negotiate and/or approach difficult conversations with greater skill and confidence**
- 94% now see themselves as a part of a **global network of people** seeking to make positive change

How It Works

Our programs are experiential and engage participants in learning by doing. Our curricula includes:

- A flexible format for working professions — individuals can attend live or listen to the recordings
- Interactive workshops for each module with Tara Mohr and other course participants
- Readings from Tara Mohr's groundbreaking book, *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead*
- Exercises and daily practices to apply the learning
- An online discussion forum
- Optional text reminders from Tara to help participants stay on track
- Optional small groups for additional support
- One-on-one coaching with a Playing Big coach can be purchased in addition to the core training



The Playing Big Curriculum

The Playing Big programs start with a foundation of inner work and continue with leadership skills training. The Facilitators Training adds an additional layer, teaching women to mentor and coach others using the Playing Big model. Modules include:

- **What is Playing Big?**
- **Quieting Your Inner Critic So You Can Play Big**
- **Your Inner Mentor: Tapping into the Guidance Inside You**
- **Getting Wise About Fear: Simple, Everyday Practices for Making Bold Moves at Work**
- **Unhooking from Praise and Criticism**
- **Leaving the School Room**
- **Hiding & Leaping**
- **Communicating with Power**
- **Navigating Negotiations & Difficult Conversations**
- **Let It Be Easy: Alternatives to Self-Discipline**
- **Playing Big Collectively**
- **Conclusion & Integration**

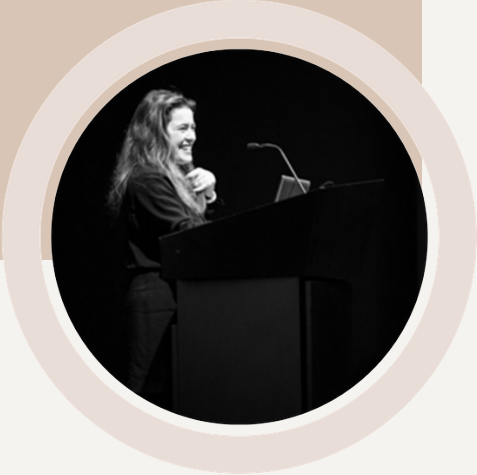
The Coaching Way Curriculum

This course is about weaving coaching into the work you do, to support your own impact in that work—whether you are a manager, leader, or consultant. The foundation of this program is Tara's unique framework, "The Arc of Coaching." Modules include:

- **What Is Coaching? Critical Mindset Shifts**
- **Who Are You Coaching? How We See and Hear our Colleagues & Clients**
- **Transformative Listening**
- **How We Contract to Enlarge Our Impact**
- **An Introduction to the Arc of Coaching**
- **Shifting the Perspective or Energy**
- **Powerful Coaching Tools for Shifting**
- **Rooting the Perspective Shift & Making Action Plans that Stick**
- **Integration**

Past Partners Include...

- Adobe
- Bank of America
- Bill and Melinda Gates Foundation
- Genentech, Inc.
- Goodreads
- Google
- Haas Business School, UC Berkeley
- Harvard Business School
- Kirkland & Ellis, LLP
- KPMG
- Management Today
- Network of Executive Women
- NEW Executive Leaders Forum
- Nokia
- Professional Business Women of CA
- Puget Sound Energy
- Society of Women Engineers
- Stanford University
- Starbucks Corporation
- The White House Project
- United Nations
- United Way
- Verizon Media
- Walmart
- Watermark Conference for Women
- Women in Bio
- Yahoo!
- Yelp, Inc.
- Xerox
- Zillow



The Playing Big approach has garnered attention in...

Graduates Talk About the Impact of Playing Big

"This is an amazing course! It helped me figure out what my 'playing bigger' looks like and how it could be different as life evolves. The course is a nice balance of practical tools, self-reflection, guidance from Tara and resonant stories from others. I thought it was fabulous that I could do this with my own time and without judgment. Overall, I would highly recommend this (and have been) to other women who desire to make a bigger difference in their lives in an authentic way."

Zeryn Sarpangal, *Vice President of Human Resources & Corporate Affairs at Achaogen, Inc.*

"After attending the Playing Big course, I am much better at communicating from a place of strength. I realize I was undermining myself with my choice of words. I mentor several colleagues. So often now, concepts we discussed in Playing Big jump out when I'm coaching these ladies. I'm glad I can share some ideas to help them play bigger in their careers. I feel much better about my abilities and contribution in the world. I'm sure this confidence is evident to others. But most of all, I am happier about what I am doing."

Meg Mosley, *Finance Executive*

"I sought out the Playing Big training for my own professional development and quickly realized that the tools would benefit my clients, too. The Playing Big tools and ideas have become an important resource that I use to help unsure leaders activate their visions and implement bold new projects and initiatives."

Rochelle Williams, *Founder and Principal Consultant, Gather*

Leading Voices Speak to the Playing Big Model

"At last. At last this very important book has been written, encouraging women to take up all the creative space they deserve in the world. I hope it will empower legions of women to step into their greatness. I couldn't be happier about this publication."

Elizabeth Gilbert, *Author of The Signature of All Things, Eat, Pray, Love, and Big Magic*

"Tara is a brilliant Playing Big guide. She challenges women using courage and compassion to stop playing small and take a leap to achieve the breakthrough that they know is possible but don't know how to make it happen. Tara has a game changing approach."

Trudy Bourgeois, *President & CEO The Center for Workforce Excellence*

"Tara Mohr shows us how to replace self-doubt, inadequacy, and worry with confidence, self-worth, and courage. She is a brilliant writer and teacher whose warmth and passion fill these pages. Full of examples and practical tools, this is a gem of a book."

Rick Hanson, PhD, *Author of Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*

"Tara Mohr's Playing Big has changed my life. I started the course amidst a terrifying professional transition. I was welcomed and supported by Tara's dynamic community of women from all over the world who not only affirmed that there is room for my gifts in the world, but also encouraged me to leap into my brilliance with courage and conviction. Playing Big, both the course and the book, is filled with engaging content and effective exercises that mine women's innermost aspirations and dreams. As a professor and public religious leader, I cannot say enough about the difference Playing Big has made in my life. Playing small is no longer an option!"

Rev. Dr. Eboni Marshall Turman, *Assistant Professor of Theology and African American Religion, Yale University Divinity School*

About Tara Mohr

Tara Sophia Mohr is an expert on women's leadership and well-being, and an author, educator and certified coach.

Tara's work is known for its unique blend of intellectual rigor and intuitive wisdom — a blend of heart, mind and soul. She is the author of *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead*, published by Penguin and named a Best Book by Apple's iBooks. Tara is also the creator of the acclaimed Playing Big leadership programs for women.

Tara's work has been featured on The Today Show and in publications ranging from *The New York Times* to goop to *Harvard Business Review*.

Tara has been a speaker at venues and companies including Watermark Conference for Women, TedxWomen, Emerging Women Live, Smith College, Haas School of Business, and more. Her Playing Big model has been part of leadership development programs at Starbucks, Google, Bank of America, and many other companies. The Playing Big concepts have also been incorporated into middle and high schools in the US and UK to support girls' leadership development.

Tara received her MBA from Stanford University and her undergraduate degree in English literature from Yale.

Women from around the world follow Tara's writing and wisdom at **taramohr.com**. She is also a poet, and the author of *Your Other Names: Poems for Wise Living*. Tara lives in San Francisco and loves dance, art, and long walks with her family.

Contact / Stay in Touch

Sign up for inspiration & resources at

taramohr.com

To bring Playing Big to your organization,

to register a cohort for our programs, or to create a customized event,

contact partnerships@taramohr.com

** Cover photos of program graduates; read more of their Playing Big stories & testimonials here.*