

How to Make the Most out of Speed Coaching... And Have Fun Doing It!

Congratulations on your decision to join in the fun of the Speed Coaching & Networking Lunch for Aspiring Local Government Leaders!

You will be engaging with key public sector leaders from various disciplines across the Bay Area. Here are a few suggestions to help you get the most out of this lively, fast-paced opportunity to expand your network and develop professional connections.

1. Arrive on time for the event so you can receive instructions, pick up resources, eat lunch, and informally mingle prior to the speed coaching.
2. You'll participate in five 10-minute speed coaching sessions. Come with a playful spirit; this is intended to be a high energy, low-risk way to get acquainted.
3. Think about what you'd like to give and take from the 10 minute sessions. Here are some starter ideas.
 - Pick one or two items for a particular session.
 - Make up your own ideas or questions.
 - Just be yourself.
 - If you don't click with someone, no worries; you'll move on to someone else soon!

***** FOR ASPIRING LOCAL GOVERNMENT LEADERS, YOU MIGHT THINK ABOUT...**

- Hopes you'd like to realize in your career.
- Some career issue you'd like to get different perspectives about.
- Feedback about options that you are considering.
- Connections for volunteer coaches to help you make to advance your interests.
- Gratitude for the opportunity to personally meet and learn.
- Something that you found useful from the exchange.

***** FOR EXECUTIVE LEADERS/COACHES, YOU MIGHT THINK ABOUT...**

- Your understanding of what's important to the person you are speed coaching.
 - Some options that you think she or he may wish to consider.
 - A brief story or experience that may be relevant.
 - A vision or action that you invite them to embrace.
 - People, resources, or education that you think might be useful to them.
4. Bring your business cards! There is no pressure for further discussion, just opportunities.
 5. At the end of the event, there will be a short feedback session to share the great connections made during the event. Feel free to share; we all want to learn!

*Tips adapted from Don Maruska, Director of the Cal-ICMA Coaching Program
www.cal-icma.org/coaching*

*If you have any questions about this event, please contact Kelly Spivey at the City of San José:
408/975-1448 or kelly.spivey@sanjoseca.gov.*