

sheri colosimo

LEADERSHIP COACHING+
RETREAT EXPERIENCES

Spring Clearing

You can feel it in the air. You can see it all around you. Change, growth, and new beginnings. With this Spring season upon us, consider a slow down moment. A chance to reflect on the first part of the year and take the lessons learned to create intentional action for work and life.

Suggestions:

Time Commitment: 2+ hours

Preparation: Consider what you need to be in the right head space to slow down, be reflective, and be in creative mode.

Consideration: Take what works, leave the rest.

Reflection

Free write a list of highlights, memories, and wins as well as what felt challenging and the big lessons learned.

- Utilize your calendar, phone pictures, emails, etc. to comb back through the past four months.
- Often times we hurry past moments in our life whether they be celebrations or failures. Once you create the list, sit with what you wrote, and then journal on the lessons learned. How do you feel? What did you learn?

Core Values

Core Values are the foundation of who we are. They describe what matters most to us. When we know them, we can employ them for decision making, priorities, and boundaries.

- Take a look at your Reflection list. Identify moments of alignment. Identify moments of misalignment with your values.
- Sit with your misaligned examples. What created the misalignment?

Find more support for Core Values [here](#).

Vision

If you created a vision board or journaled on 2024 ideas/vision...take it out. What have you focused on? What needs your attention? What still feels true? What, if anything, do you want to edit?

Define Success

One of the main conversations I have with clients is, "What is your definition of success? What does fulfilment look like? A well lived life?" In my experience, unless we clearly define it for ourselves, either someone else will and/or we will always be striving for something that has no anchor or end point.

- If you have not already, answer the question above for yourself.
- Take a look at your Reflection list again. Where is there alignment? Where is their misalignment?

What Matters Most

Each of us probably has 100+ things on our to-do list for work and for life. The question that I come back to each week is, "Am I working on what matters most?"

- What matters most to you in your life? What next action will you take that is connected to this?
- What matters most to you in your work? What next action will you take that is connected to this?

Barriers

Even with a clear understanding of values and priorities, we can still find ourselves drifting from our path. Take some time to understand what holds you back.

- What am I avoiding? What blocks do I have? Why?
- What support do I need to create the life + work that I desire?

Planning

Each of us will have different areas of focus. Below are a list of suggestions for next steps.

- What do I want to work on the next few months?
- What are the desired outcomes associated with each? (i.e. my definition of success)

Support

This is the work that I have been doing with my clients for the past 10+ years. Want to dig in more with accountability?

[Schedule your complimentary Discovery Call today.](#)

Flow into Fall Day Retreat

Friday September 27th

9:30am-2:30pm

Denver, CO

As we move from Summer to Fall, we will gather to slow down to get clear.

- What have we learned the past few months?
- What do we want to work on?
- Where can we dig in?
- What can we release?
- What does this look like in action?

[Join the interest list](#)

About Sheri Colosimo

Sheri is a respected leader and trusted confidante for small businesses + solopreneurs. She works with individuals to create achievable business strategies that inspire action and offers accountability coaching for their own growth as leaders.

Her impact spans multiple industries including wellness, hospitality, and the customer experience in the roles of operations, content creator, event curator, and retreat lead.

Her work creating and facilitating unique workshops, events, and retreat experiences has been celebrated by organizations across the country committed to developing conscious leaders, supporting personal growth, and deepening human connection.

[Learn more](#)