

BOOKS &  
*belonging*

A COMMUNITY FOR  
LIKE-HEARTED LEADERS

This Round's Book Selections

**ATOMIC HABITS**

James Clear

**BADASS HABITS**

Jen Sincero

SMALL GROUP COACHING SESSIONS  
Wednesdays from 6:00-7:00 pm EST  
January 4-February 22, 2023

[chris@freshleapcoaching.com](mailto:chris@freshleapcoaching.com)



### **What is Books & Belonging?**

Books & Belonging is a community for people who want to expand their thinking, have a positive impact, and connect with others who feel the same. It is not your typical book club. We won't critique or analyze the book or the author. Instead, you'll participate in group coaching around the ideas presented in the book.

### **Why are there two books?**

We're trying something new! Much of the ideas around habit formation are the same so you have an option of what to read. Atomic Habits by James Clear provides a methodical approach to forming or breaking habits, while Badass Habits by Jen Sincero focuses more closely on the role of our mindsets on forming habits.

### **What value will I get?**

To be a great leader you need to be aware of your good and bad habits, and you need to build habits to support you and your efforts. This community offers a space to connect, examine your habits, and create your own path forward.

### **How much does it cost?**

\$80 reserves you a seat in the 8 virtual group coaching sessions.

### **Is the book covered in the fee?**

No. You can choose to purchase a physical copy, listen to the audiobook, or borrow the book(s) from the library or a friend.

### **What if I can't finish the book?**

You will still be able to engage with the group, so don't let that stop you from joining.

### **How do I learn more or register?**

Send an email to [chris@freshleapcoaching.com](mailto:chris@freshleapcoaching.com)



COACHING + CONSULTING