



brightmorning

PODCAST with ELENA AGUILAR

STARTER EPISODES

New to Bright Morning or the podcast? Start with one of these episodes for tips, tools, and wisdom from best-selling author and coaching expert, Elena Aguilar.

When you're ready to thrive, attend one of our workshops to transform your skills.

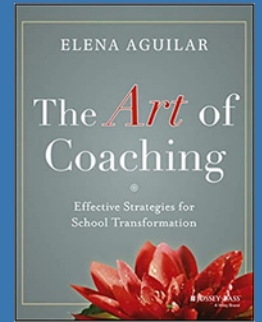
THE ART OF COACHING

Episode 29: Coaching Tools for Transformation: Core Values, Mind the Gap and Strengths-Based Coaching

Episode 43: The Spheres of Influence

Episode 83: Coaching Conversation: How Do I Set Our Coaching Program Up for Success?

Episode 98: When it Feels Like it's Never Enough



THE ART OF COACHING EMOTIONS

Episode 36: Kathrina Mendez Revisited: Virtual Reality: Confronting Self-Doubt

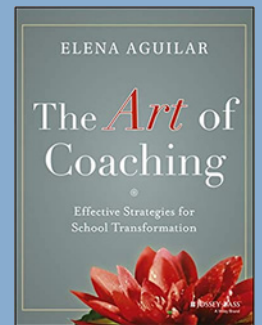
Episode 37: How to ACE Your Coaching Conversations

Episode 127: Coaching Emotions: Anger

Episode 128: Coaching Emotions: Sadness

Episode 129: Coaching Emotions: Joy

Episode 147: Coaching Resistance: Part 1 - What is Resistance



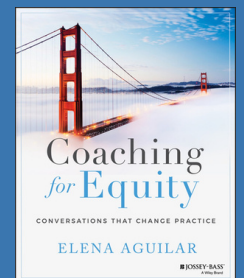
COACHING FOR EQUITY

Episode 22: Coaching Across Lines of Difference

Episode 85: You Want to Coach for Equity: Start Here.

Episode 86: Addressing Race-based Opportunity Gaps

Episode 143: Disrupting Racism in Equity Conversations



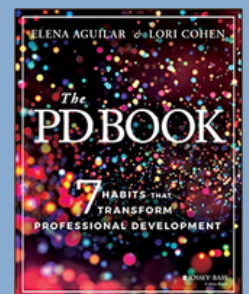
ARTFUL DESIGN AND FACILITATION

Episode 123: Powerful Facilitation Starts and Ends with You

Episode 124: When Things Don't Go According to Plan

Episode 125: It's All in the Details

Episode 126: 10 Strategies to Shift a Mood



THE ART OF COACHING TEAMS

Episode 99: Behind the Design: Planning for Conflict

Episode 152: Transformational PD Part 3: Responding to Resistance

