

Command Your Calm™ 8-Week Coaching Program (Individual & Group)

Command Your Calm™ is an 8-week coaching experience for high-achieving women and clinicians experiencing burnout, self-doubt, and agency erosion. The program is delivered in individual (1:1) and group cohort formats to restore internal agency, decision clarity, and sustainable leadership presence using the proprietary BOOST Method® and A.G.E.N.C.Y. Framework.

Who This Program Is For

- High-achieving women and clinicians experiencing burnout or emotional exhaustion
- Leaders navigating impostor-driven overperformance and decision fatigue
- Individuals seeking calm command, confidence, and sustainable leadership systems
- Organizations sponsoring leadership development cohorts

8-Week Structure

- Week 1: Build Awareness – Identify burnout and agency erosion patterns
- Week 2: Optimize Thoughts – Interrupt impostor and cognitive distortion loops
- Week 3: Overcome Limiting Beliefs – Release overperformance drivers
- Week 4: Strengthen Emotional Intelligence – Regulate stress and leadership presence
- Week 5: Take Targeted Action – Build sustainable habits and boundaries
- Week 6: Agency Integration – Shift from proving to commanding identity
- Week 7: Leadership Clarity – Strengthen decision confidence and strategy
- Week 8: Legacy Systems – Create a personal agency and sustainment roadmap

Program Delivery

- Individual (1:1): Weekly private 90-minute coaching sessions with personalized agency plan
- Group Cohort: Weekly 90-minute live group sessions with guided exercises and peer accountability
- Worksheets, reflection tools, and leadership playbook included

Expected Outcomes

- Restored internal agency and leadership confidence
- Reduced burnout symptoms and emotional fatigue
- Clear decision-making and leadership presence
- Sustainable performance and personal legacy systems

About the Founder

Diane Robateau, COL (Ret.), MSN, FNP, is a former U.S. Army Colonel and hospital commander, author of *Command Your Calm*, and creator of the BOOST Method® and A.G.E.N.C.Y. Framework for restoring internal agency in high-achieving leaders and clinicians.

Next Step: Schedule a Coaching Discovery Call to explore how *Command Your Calm*™ can support your leadership and personal agency journey.