

At the Coach’s Table - LIVE with Executive Coach Phyllis Reagin

Monthly Calendar - October 2025

Day	Platform / Time	
15 Oct. - Wednesday	12:00 PM - 12:30 PM PST	Confidence How to Quiet the “I’m Behind” Voice
17 Oct. - Friday	12:00 PM - 12:30 PM PST	Leadership Growth Leading When You Don’t Have All the Answers
18 Oct. - Saturday	12:00 PM - 12:30 PM PST	Wellness From Drained to Driven: How to Reignite Your Motivation During High-Pressure Seasons
22 Oct. - Wednesday	12:00 PM - 12:30 PM PST	Confidence Hacking Your Brain to Improve Your Self-Belief
24 Oct. - Friday	12:00 PM - 12:30 PM PST	Leadership Growth How To Decode Your Executive Presence - It’s Not About Being the Loudest Voice in the Room
25 Oct. - Saturday	12:00 PM - 12:30 PM PST	Wellness The Hidden Burnout Triggers You Don’t See Coming & Keys to Protecting Yourself
29 Oct. - Wednesday	12:00 PM - 12:30 PM PST	Confidence How to Stop the Comparison Spiral from Sabotaging Your Confidence
31 Oct. - Friday	12:00 PM - 12:30 PM PST	Leadership Growth Making Smarter, Faster Decisions Under Pressure

<https://www.youtube.com/@phyllisreagin/live>