

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

## Monthly Calendar - October 2025

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

Zoom: <https://us06web.zoom.us/j/6630640088>