

THE SEESHELL GUIDE  
TO

# CREATING YOUR OWN PERSONAL BOARD OF DIRECTORS

**CREATE THE FRAMEWORK FOR THE SUPPORT SYSTEM  
YOU NEED TO TAKE YOUR CAREER TO THE NEXT LEVEL.**

*You are not alone on your journey. You have a network of colleagues, friends and family who will provide the advice and support you need. Think of yourself as the C.E.O. of Y.O.U. - and create your Personal Board of Directors who will help propel you to success.*

**LET'S GET STARTED.**



## What Can a Board Do For You?

**Open Doors & Expand Your Network:** Every individual who sits on your board holds the key to doors that otherwise may be closed to you. They can be your door to key business contacts, prospects, and others who can help you.

**Provide Support:** Your personal board of directors will not only help you in hard times, but will also be there to celebrate successes and the milestones of your career. This group of allies will put their arms around you in good times and bad.

**Develop You:** You will learn a lot from just modeling, observing and watching competent, smart, versatile individuals apply principles and exercise skills in real life.

**Coach & Challenge:** It's not just a matter of sharing their views; the very best board members will actively challenge you and ask the really hard questions about your grand strategy and plans. This will help you discover and get clear on the potential flaws in your plan.

**Advocate for You:** Your board members can act as an advocate for you. They can sell your skills and experience to hiring managers on the lookout for talent. They can perhaps get you into key meetings, make sure you take the right training and make it onto the high potential list.

From: Arpad Szakal, *4 Steps To Build a Personal Board of Directors, 2020*  
<https://www.linkedin.com/pulse/4-steps-build-personal-board-directors-because-youre-szakal-mraes/>

## YOU ARE THE C.E.O. OF Y.O.U.

You are the "boss of you" - responsible to yourself to live your best life, doing the work you love. Creating a Personal Board of Directors will provide the mentorship, advice, connections and accountability to ensure you are investing the time and energy you need to live up to your potential.

## THE DIRECTORS ON YOUR BOARD

Choose 5 to 7 individuals - colleagues, friends, mentors, family, and advisors - who will hold you accountable, tell you the truth, cheer and encourage you and always have your best interests in mind.

## BOARD POSITIONS

**THE MENTOR - SHARING THEIR EXPERIENCES WITH YOU**

**THE PEER - A SOUNDING BOARD AND CHEERLEADER**

**THE SPONSOR - PROMOTING AND ADVOCATING FOR YOU**

**THE EXPERT - SHOWING YOU NEW PATHS AND SKILLS**

**THE COACH - HOLDING YOU ACCOUNTABLE**

Now that you know what your Personal Board of Directors is comprised of, think of the people in your network - personal and professional - who can fill those Board Positions.

**CREATE** your own ORG CHART and fill in the Positions and Questions& Asks.

**ASK** each individual to sit on your Board of Directors, sharing their talents and skills you are looking for

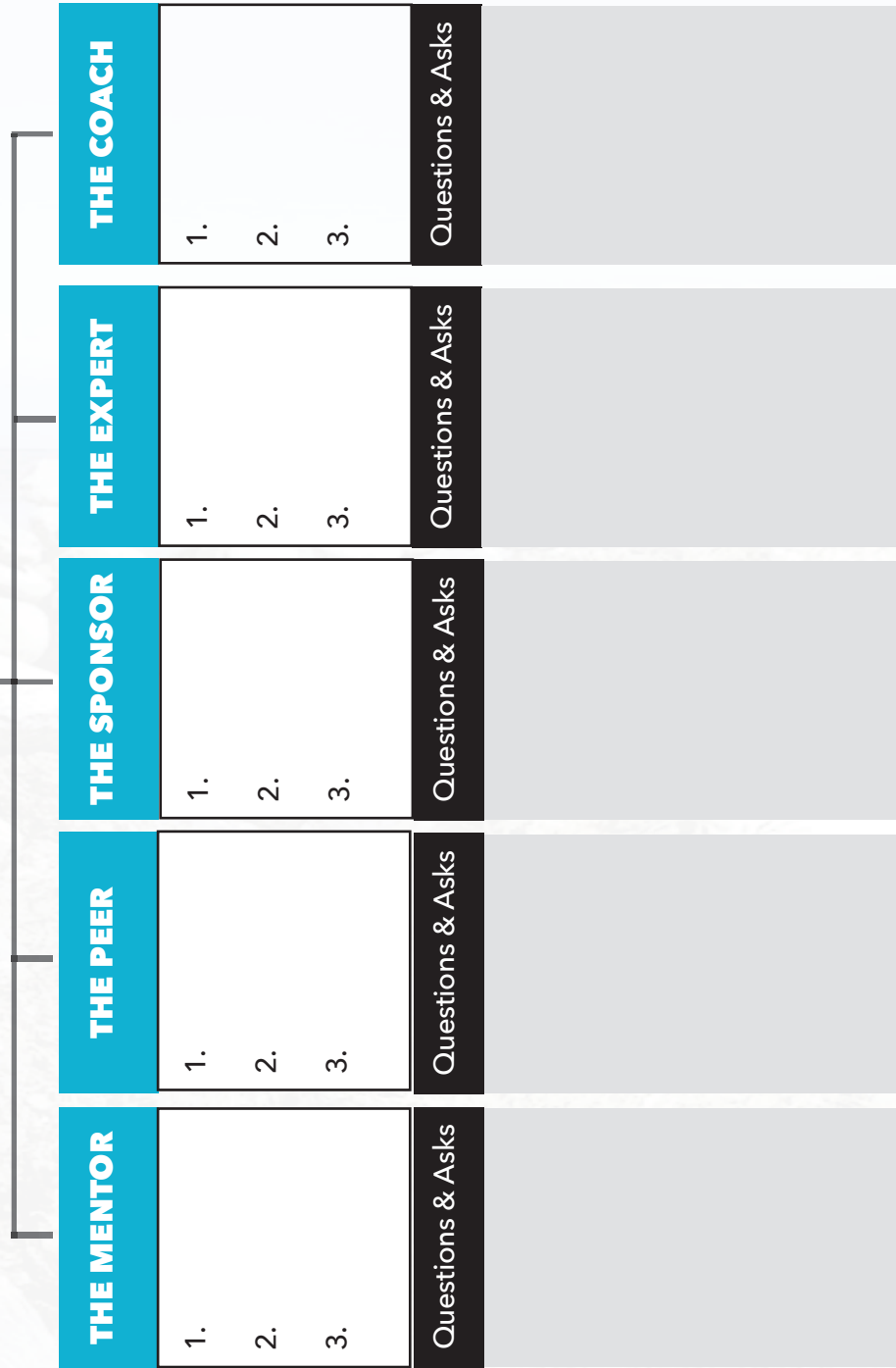
**ASSURE** your Board of Directors that you are respectful of their time - a personal board can be formal or informal, include regular meetings or not, and it is critical to communicate regularly

**PREPARE** for your Board Meetings with an Agenda and specific asks or questions for each Board Member

**FOLLOW THROUGH** after each Meeting - make sure you accomplish what's on your ACTION ITEM LIST

## YOUR BOARD OF DIRECTORS

**YOU, THE CEO**



Remember: you are the C.E.O. of Y.O.U. Your Personal Board of Directors is your community of support, advice, mentorship and accountability that will help you build and succeed in the business of Y.O.U.

Contact me to get started today!

*Shelley*

# Shelley Langille



I am an empowering coach, connector, and communicator who's passionate about helping people excel and realize their potential, inspiring organizations to create a supportive learning and employment environment and building collaborative relationships. I build partnerships and link like-minded people and institutions.

I'm the founder and president of SeeShell Consulting and the International Coach Coalition (launching in Spring 2022). SeeShell Consulting provides transformational career and executive coaching as well as consulting services in the areas of business development, leadership, and change management to individuals and organizations, with a focus on national and regional public safety uniform sectors.

I'm a Certified Executive Coach (CEC) through Royal Roads University (RRU) with twenty years of career coaching experience, a member of the International Coach Federation (ICF) and am currently pursuing my Associate Certified Coach (ACC) designation from the ICF.

My coaching focus includes working with military, fire, police and public safety leaders in their career advancement and transition goals; helping people let go after being let go to find closure and new opportunities after losing their job; and coaching organizations on how to treat staff as well on the way out as they do on the way in, and the employment space in between.

In addition to exceptional skills and experience, I possess personal leadership characteristics such as emotional intelligence, mindfulness, an attitude of gratitude and positivity, creativity, resiliency, flexibility, perseverance, tenacity, and the art of persuasion and influence.

What can I do to help you excel? How can you make certain your company models a culture that aligns with your brand and ensure your staff and organization thrive?

*I can help you find your answers.*



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Shifting your mindset to uncover opportunities and move forward with purpose and confidence.