

ATTACHMENT A

Anonymous Testimonials from County of Monterey BetterUp Participants

The coaching sessions with my Coach have made me evaluate my management skills and look for ways to improve and grow. We sometimes get stagnant in our work and growth and this opportunity has pushed me to really focus on areas I can improve on. I have worked hard on putting myself in uncomfortable situations to be more empathetic, and incorporated a new technique, “positive no”,

I've started to be a better coach/mentor to my team - being open to other ways and outcomes. I've found more peace with my professional frustrations and calm looking toward my future work. I have been able to keep focus on myself, as I believe I am the base of my strength and happiness professionally.

I feel more confident in my actions as the lead of my organization and validated that my efforts to build a team, be more up front and to learn more is paying off. I have learned how to utilize with my strengths so that I have a more confident executive presence among my peers, staff and superiors.

I enjoy that my work has invested in this product to help team members better themselves professionally and personally. Investing in this product is a good sign that my organization is also vested in my wellbeing. I am more accepting of my own issues and because of that I take more time to be more thoughtful of how I feel and how I can leverage my issues to have more positive outcomes