

MANAGER BOOT CAMP

Where New Managers Become Great Leaders

Chelsea Cox Gillman, in collaboration with Tess Cox & Associates, LLC, offers a 6-week Manager Boot Camp designed for new and emerging leaders.

The program uses coaching tools and resources for managers to:

STRENGTHEN Communication with Clarity,
BUILD Accountability with their Team,
CREATE Effective Delegation,
GUIDE Conflict Management,
IMPROVE Management / Leadership Confidence &
RAISE the level of Emotional Intelligence.

Leaders! Your managers may know the work... but do they know how to lead people?

As a leader, you may find yourself saying things like:



"The communication is inconsistent and the team feels unclear."



"They're great individually but struggle to delegate."



"I promoted them because they were strong performers — not because they knew how to lead people yet..."



"They love the work, but they don't love managing people."



"They avoid difficult conversations until they blow up."



"They struggle to regulate their emotions under pressure"

ESPECIALLY FOR MANAGERS WHO ARE:

- Ready to gain new communication skills
- Great at the work but struggling to manage people
- Over-functioning or micromanaging
- Avoiding difficult conversations
- Experiencing imposter syndrome after promotion
- Navigating multi-generational teams, including Gen Z employees and emerging leaders

PROGRAM FORMAT:

6 weekly live sessions
30 minutes each to protect time and workload

- Practical tools + real-world application
- Immediate implementation strategies
- Email/Text support between sessions
- Accountability check-ins on agreed-upon goals



Before spending the last decade coaching founders, managers, and leadership teams, I spent 10 years leading teams inside the hospitality industry across the U.S. and NYC. Today, as an executive coach and leadership consultant, I help organizations strengthen communication, accountability, delegation, emotional intelligence, and leadership confidence. Strong performers are not automatically prepared to lead people effectively and Manager Boot Camp is here to help close the gap.

"Great managers are not born, they are developed with intention."

