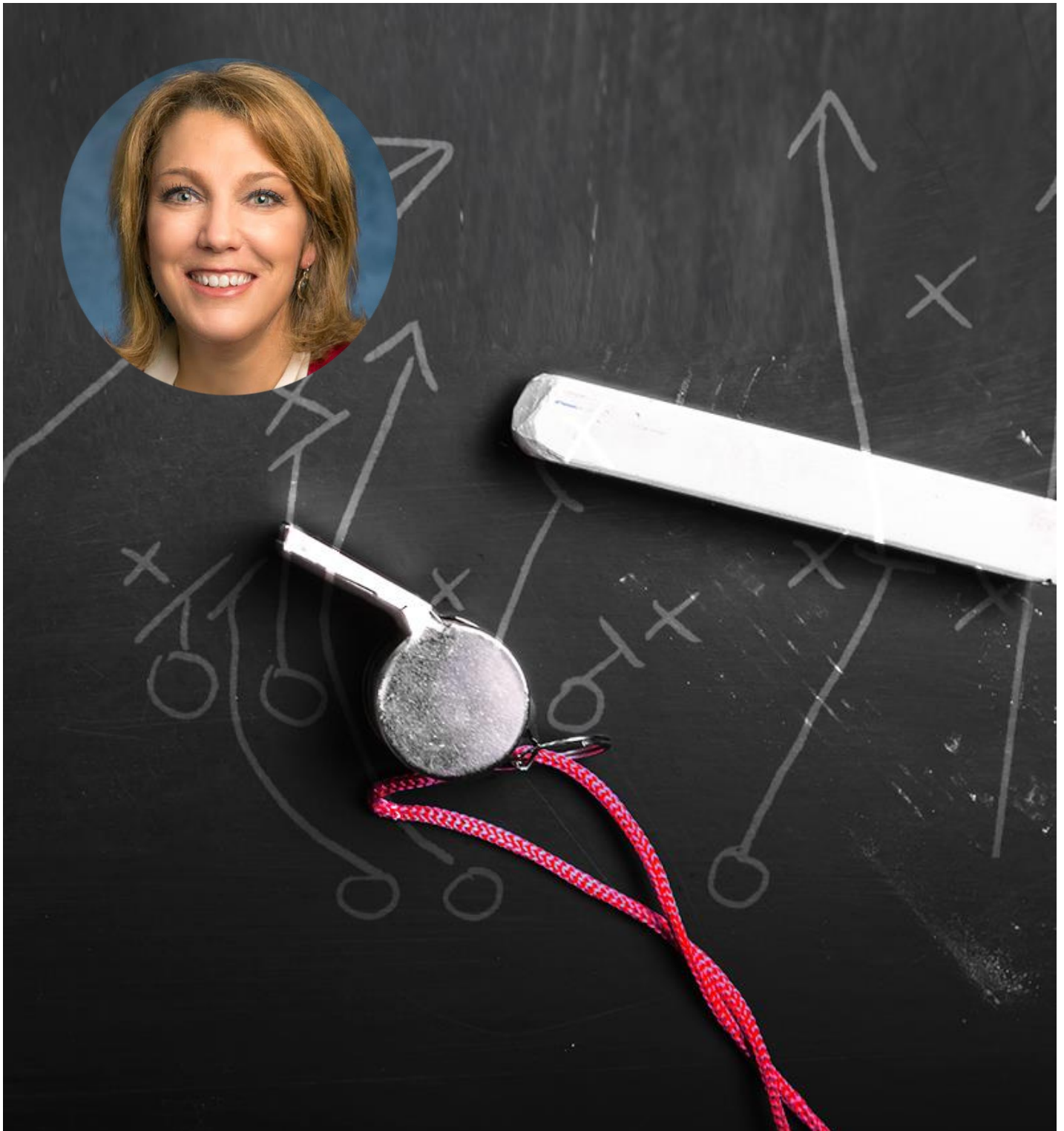


# COACH'S CORNER

*with Jenny McCauley*

*April 11, 2019*



# ABOUT OUR COACH

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Jenny McCauley is the Senior Vice President of Administration of Southwestern Energy.

In 2009 she joined the company as Senior Vice President of Human Resources. In 2016 she was named to her current role which includes responsibility for Supply Chain, Human Resources, Information Technology and Support Services.

Before joining Southwestern Energy, Jenny was Vice President Human Resources for the Americas and Global LNG region of BG Group plc. Her career also includes a variety of human resources roles with JPMorgan Chase, ARAMARK Uniform Services and Hilton Hotels Corporation.

Jenny earned her bachelor's degree in Psychology from Saint Mary's College and her master's degree in Psychology and Human Development from the University of Texas at Dallas.

She serves on several boards, is a Lean In Energy mentor and actively volunteers for several Houston-area nonprofit organizations.



## JENNY MCCAULEY

Senior Vice President  
Administration  
Southwestern Energy



### **KATIE MEHNERT** *host*

She is the Founder and CEO of [Pink Petro™](#), the global community and career resource aimed at disrupting the gender gap in energy. Katie spent 20 years in oil and gas and is an expert in driving cultural transformations through education and change management. She is the Founder and Chairman of the Board of Lean In Energy, a mentoring non profit that helps women in energy achieve their ambitions. She is a four-time World Major marathoner having completed London, Chicago, New York and Berlin.

# AGENDA

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Welcome – video show open

Introduce guest coach, Jenny McCauley

- On-site at Southwestern Energy
- Southwestern Energy member company

Today's agenda –Getting your SHIFT together regarding self-care and mindfulness

Define Jenny's team & their impact on SWN

- Adding Value+ to SWN
- Theme/goals for the year

Jenny's Pivotal, Perspective Changing Story

- Wake-up call
- Industry's culture and the effect on health/wellness
- SWN wellness examples
- 1 year reflection takeaways
- "Big Ideas" for women in energy

Ask the coach

- Interactive Q&A
- Advice
- Predictions

Close

# ACTIVITY

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1. Southwestern Energy is a Pink Petro member company. What is SWN's mission?
2. How does your administration team add Value+ to SWN?
3. If your team had a walk-up song, what would it be? Why?
4. What is your theme for 2019? How does it inspire performance?
5. We're onsite at SWN, and I noticed the company is providing free biometric screening for all employees. Tell us how you see the link between health/wellness and the focus for our talk, "Getting your SHIFT together regarding self-care and mindfulness."
6. Share with us the pivotal SHIFT you experienced almost one year ago.
7. As you come up on the 1-year anniversary of this life-changing experience, describe for us how you live a life that prioritizes "self-care."
8. Over the years, there's been a lot written about the increasing stress of work leading to less "down time" for people and how negatively it's impacting families, physical and mental health, etc. What's your perspective on this?
9. Share with us some of the best practices SWN uses that have fostered a culture of wellness and your own shift and commitment to self-care.
10. Arianna Huffington created Thrive Global to end what she calls the stress and burnout epidemic. What are your thoughts on some of her solutions?
11. When others come to you and share they are feeling overwhelmed and stressed, what advice do you provide?
12. As today's "Coach," would you share some resources you've found helpful in your mindfulness journey and efforts for self-care?
13. Any questions we have not asked or you want to add?

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# ABOUT PINK PETRO & COACH'S CORNER

**Pink Petro** is a global organization that believes the future depends on education, inclusion and community.

We educate through experiences, not events, because movement requires more than moments.

We promote inclusion over diversity, because while changing your numbers is great, changing your culture is better.

And we build community, not networks, because, while networks build individual connections, communities promote the greater good.

**Coach's Corner** is a benefit of paid membership. It is our monthly member's only program on **Pink Petro TV** featuring career and professional development experts from across the industry and across the globe.

Our coaches answer your questions and give you practical advice on topics ranging from work-life balance to career guidance, and other challenges you face.

No matter the subject, our coaches are here to help.