



Career Coaching Exploration

Sometimes we just need a little direction to help us on our way. My **3-session Career Coaching Exploration** offers people the boost they need to move forward with a sense of purpose, confidence, clarity, and motivation. Here's how it works:

1. DISCOVER What are my work needs & dreams?	2. TAKE INVENTORY What strengths & values guide me?	3. CLEAR THE PATH What's getting in my way?
<ul style="list-style-type: none">•Discovery session (90 mins)•Coach supports you to get as clear as you can about your immediate needs and big picture dreams <p>Prep beforehand:</p> <ul style="list-style-type: none">•Complete "Coaching Opener" reflection exercise	<ul style="list-style-type: none">•Coaching session - strengths & values debrief (60 mins) <p>Prep beforehand:</p> <ul style="list-style-type: none">•Complete Strengths Profile Inventory – discover strengths that you're good at AND energize you•Complete Values reflection exercise – discover what's most important to you now and allow that to guide your attention	<ul style="list-style-type: none">•Coaching session (60 mins)•Dig deeper into current challenges, limiting beliefs, opportunities, possibilities•Commit to action going forward <p>Prep beforehand:</p> <ul style="list-style-type: none">•Coaching preparation questions

Sessions are scheduled every 2 or 3 weeks, depending on coach and client's availability (by Zoom or phone).

Also includes:

- Written summary of your work/life needs and dreams for ongoing support and motivation
- Your own copy of my career discovery workbook - *Listen, Sense, Grow: 7 Practices to Create the Work You Desire*
- Preferred pricing on subsequent 3-session coaching packages if desired (with my No Pressure guarantee – coaching only works when people truly want it!)

Investment: \$674
(HST already included in price)

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Career & Leadership Coaching for Trauma Survivors
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