



COACHING CAREER BOOSTER

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

DISCOVER

What are my work needs and dreams?

- Discovery Session (90 mins)
- Coach supports you to get as clear as you can about your immediate needs and big picture dreams
- **Prep beforehand:** Complete "Coaching Opener" reflection exercise

TAKE INVENTORY

What strengths and values guide me?

- Coaching session - strengths and values debrief (60 mins)
- **Prep beforehand:**
- 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

CLEAR THE PATH

What's getting in my way?

- Coaching session (60 mins)
- Dig deeper into current challenges, limiting beliefs, opportunities, possibilities
- Commit to action going forward
- **Prep beforehand:** 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 **Listen, Sense, Grow: Cultivating Work of Your Own**
- Preferred pricing on subsequent 3-session coaching packages if desired

Investment: \$674
(+any applicable taxes)

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