

Career Coaching Program: BecomingU: Discover Your NEXT Move

IS THIS FOR ME?

If any of these ring a bell...THEN this career coaching engagement is for you!

- What is my next professional move?
- Is my current role right for me?
- Is my current organization right for me?
- How can I amplify my time management skills (or DARE I say... Energy Management)?
- How do I use and expand my network to land me the next opportunity?
- How do I overcome Imposter Syndrome?



... AND CONTINUE TO BE THE “ULTIMATE BOSS LADY”!

COACHING ENGAGEMENT

At times, life throws us a curve OR you get to a point in our lives and wonder: **Am I doing what I really want to be doing? What's next for me? How should I be spending my time?**

This coaching program helps you get these answers and more! We customize a program that fits your needs so you are happy with what you decide to do next. With over **28 years of leadership coaching & consulting experience**, we partner with you on this journey.

During the engagement, here is an example of what you can expect:

- **Session 1: Lay the Foundation & Identify Your Top 2 Universal Roles** – Define your goal(s), set expectations, and envision your success. You get more conscious about where you are at your best through your top 2 roles. Get practical strategies for how to win at work and beyond.
- **Session 2: Define What You Care to Do** – Confirm what you care to do right based on what matters to you. This cultivates a deeper understanding of your strengths and core values to help provide clarity on your career direction and allows you to make informed decisions to be happy in what you do.
- **Session 3: Uncover Your Work Preferences** – Clarify your career/professional preferences to help make informed decisions on your next move.
- **Session 4: Optimize Your Time & Energy** – Discover your energy “peaks” and align your schedule to optimize your time. Align your tasks with the levels of difficulty to prioritize your day.

- **Session 5: Network Your Way-In** – Identify ways to expand and leverage your network to help you “get there.”
- **Session 6: Discover Your Primary Professional Satisfiers** – Get clarity on what will convince you to join another organization vs. stay in your current one.
- **Session 7: Gain Tips to Enhancing Your Resume, Prep for Interviews, & More** – Obtain feedback on your resume and/or prepare for your next discussion/interview.
- **Session 8: Set Your Path Forward** – Create your BecomingU Professional/Career Matrix that defines your professional development criteria to help you decide if your current situation or future opportunity is right for you.

FORMAT

An 8-session virtual experience where each session is 60 minutes. * In-person meetings can be arranged. Coachee will be expected to complete assignments. Coach will provide assessments, articles, podcasts, tools, tips, etc.

Life happens and things come-up in between sessions. Never fear! - we offer FREE Lazer coaching for 20-minutes to work through any “emergency” issues and concerns.

At the end, the coachee will walk away with her BecomingU Professional Matrix highlighting her preferences and the path that she desires to take to make her NEXT move.

Contact dolon@coachingdb.org for further details.