

Sample Career Coaching Engagement



Gather. Assemble and codify your objectives for our engagement. Concrete, actionable and achievable, tailored to you.



Unique background. There is no “one size fits all” approach to Coaching, and we can adjust the approach to best suit your background, whether pacesetter, participatory, or at times directive in approach. We recognize the Unique You.



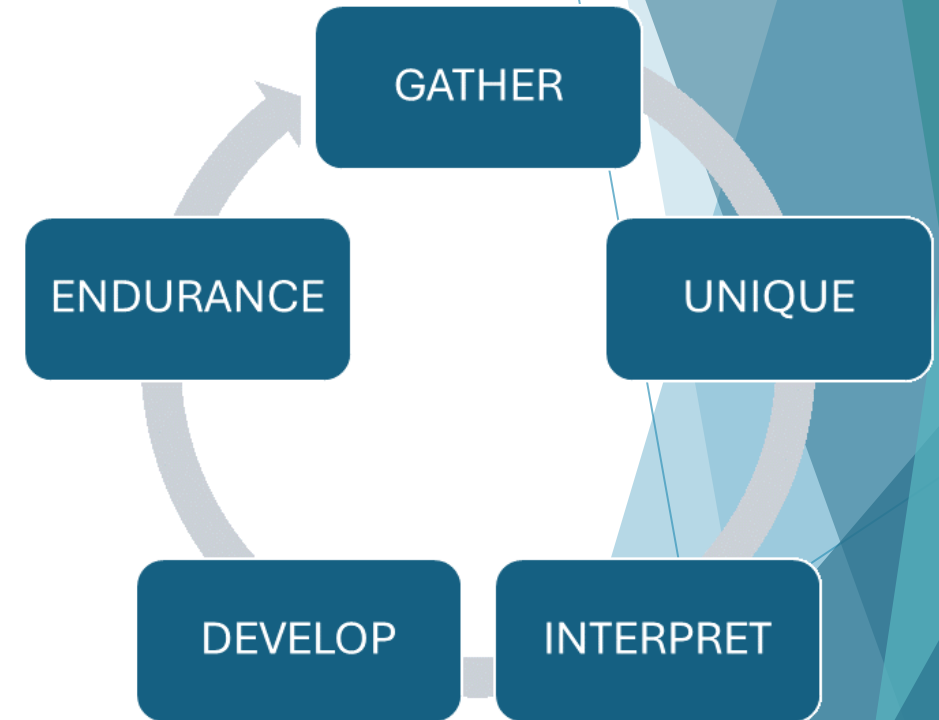
Interpretive. We continuously identify and refine your strengths and needs, informing the pace and scope of our collaboration.



Develop. Together we will iteratively build transformational behaviors.



Endurance. Coaching is only successful if you can sustain your results for the long run. We will jointly develop a plan that ensures you keep your hard-won gains.



Sample Career Coaching Engagement

“To Date” Deep Dive + Personal Inventory (G,U)

Focus: Build trust, clarify goals and map strengths/struggles

- Review goals and pain points (stress, lack of consistency, under-leveraged talents
- Strengths and energy audit - what drains vs. fuels
- **Tool:** Multiple inventories
- **Outcome:** Initial roadmap + top two priorities for next 120 days

Energy and Focus Diagnostics (U,I)

Focus: Surface initial goals and roadmap

- Review typical week (Calendar Analysis, Time Audit, Energy Map)
- Explore procrastination/distraction triggers
- Introduce “non-negotiables”
- **Tool:** STUCK Methodology intro
- **Outcome:** Design a realistic daily structure or 1-2 habits shifts to test

Decision Making + Delegation Mastery (I,D)

Focus: Reduce cognitive load and free up strategic bandwidth

- Map decision fatigue points (e.g., too involved in low payoff endeavors)
- Quick org audit: who reports, bottlenecking
- **Tool(s):** “Delegate, automate or drop” exercise; STUCK Methodology
- **Outcome:** Identify 2-3 high-return tasks to immediately benefit career path

Reclaiming Vision and Strategic Role (D,E)

Focus: Get back to the visionary and decision-maker lane

- What about a career excites vs. depletes?
- Alignment with personal mission, growth plans
- **Tool(s):** Guided 6-12 month Vision Plan (of what excites)
- **Outcome:** Defined “Career v2.0 Role” + next steps to align team/org around it

Enhance Inner Confidence (D,E)

Focus: Get back to the visionary and decision-maker lane

- What about business excites vs. depletes
- Networking and outreach
- Polish your personal “presentation layer” - how the world sees you, from resume to social media
- **Tool(s):** Updated Vision Plan with actionable steps
- **Outcome:** Stops along the roadmap - your action items and lessons learned

Accountability System + Next Chapter (E,G)

Focus: Lock in processes to maintain focus and forward momentum

- Review wins from past sessions
- Establish tracking/accountability ideas (weekly rhythm, “KPI dashboard”, check-ins
- Further caching cadence
- **Tool(s):** Personal Mission Statement
- **Outcome:** Buy-in for sustainment

Inventory Tools: Myers-Briggs Type Inventory, Enneagram, Values Inventory, etc.

Sustainment Check-ins: Zoom, 15-minute call, email between sessions