

# Navigating the Journey of a Career Transition

GROUP COACHING PROGRAM



“A transition always starts with an ending. To become something else, you have to stop being what you are now; to **start doing things a new way**, you have to end the way you are doing them now; and to develop a new attitude or outlook, you have to **let go of the old.**”

WILLIAM BRIDGES

## Program Overview

Making a job or career change is anything but simple. It's truly a journey that, at times, can feel a bit overwhelming. We understand that, so we've designed this program to provide you with good company along the way. You'll have the support of an experienced coach, as well as the opportunity to learn and grow with others who are experiencing the same challenges. Through their support, their encouragement, and their personal life experiences, we guarantee you'll come to appreciate that you're not alone!

## Program Structure

The program is held virtually over 8 weeks and includes the opportunity to participate in:

- **seven (7) 90-minute group coaching sessions**
- **two (2) 60-minute individual coaching sessions**
- **partnership with another program participant** to engage in further exploration and learning outside of the group sessions
- **four (4) 60-minute quarterly 'momentum' calls** following program completion

## Program Cost

\$795\*

13 hours of group and individual coaching services **plus** 4 hours of quarterly momentum sessions

The cost of this program includes a total of **11 hours of group coaching, 2 hours of individual coaching** and the opportunity to participate in **4 hours of quarterly momentum sessions**.

The \$795 fee represents significant cost savings compared to the equivalent individual coaching hours valued at \$2,100. The fee can be paid in one or two installments via credit card.

*\*Please note that in addition to the \$795 fee, you will be asked to take the online **CliftonStrengths (formerly StrengthsFinder) Assessment** online as part of this program. The cost for this assessment is \$19.99 and you can pay via credit card online.*

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## Program Outcomes

- **An understanding that every external change is accompanied by an internal transition.** We'll map the territory you'll be traveling and show you how to recognize and more easily and effectively navigate the 3 phases of any internal transition.
- **A way to get clear around what exactly might be keeping you stuck in any given phase.** We'll help you name the things that have become the internal saboteurs to your new future so that you can work with them in a more compassionate way.
- **A full realization of what's most important to you.** We'll help you create a "litmus test" that you can use to determine a go/no-go decision as you evaluate potential new jobs or careers.
- **A deep understanding of your strengths, values, and skills.** We'll show you how these become critical pieces to help you begin creating your path and exploring new opportunities.

Most importantly, you'll walk away with your own personalized plan to help you find your new job or career. And while we can't guarantee you'll have an exact destination when you leave this program, we're confident you'll have a clear direction (or maybe even two!).



I entered the program stuck and completed it knowing who's in control of my direction ... me.

Not only did the program help me define my future career path, but it also gave me a new perspective on my current position. After years of frustration, I am discovering challenges and purpose in my current role.



I left the program motivated, inspired, and in control.

