SPARK Coaching Guide

Coach Charmaine Ashby

Life, Relationship & Workplace Confidence Coach

www.charmaineashby.com | 215-380-4870

Grief after COVID isn't always loud. Sometimes it's the quiet loss of momentum, purpose, or the version of you that once felt sure. This guide is designed to help you acknowledge what's shifted, honor what was lost, and begin shaping what could be next. SPARK is for those ready to reconnect with themselves and move forward-not as they were, but as they are becoming.

The SPARK Framework:

* S - See what's still alive: Even when purpose feels unclear, something in you still burns.
* P - Pause to listen: Your energy will often whisper before it roars.
* A - Ask deeper questions: What do you want now-not just what did you lose?
* R - Reconnect with meaning: You don't have to rush healing to begin rebuilding.
* K - Keep what matters: Let go of what no longer serves your future self.

Deep Coaching Questions:

- What have you lost-personally or professionally-that you haven't fully grieved?
- What part of you feels different since the pandemic, and how might that be guiding your next steps?
- If your spark faded tomorrow, what would you regret not reclaiming?
- What kind of work or rhythm could honor your grief and still help you grow?
- How might healing and ambition co-exist for you right now?

This guide is part of my coaching process designed to meet you where you are-with honesty, clarity, and care. When you're ready to move, I'll help you move with intention.

Ready to Take the Next Step?

If this guide resonates with where you are right now, let's explore what's next-together.

To begin your coaching journey:

SPARK Coaching Guide

Text the word SPARK to 215-380-4870

Or visit www.charmaineashby.com to schedule a free discovery call.