

# Better Self Breakthrough | Coach Charmaine Ashby

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## RISE: A Confidence & Career Reset Guide for Women Starting Over with Strength

*You're not starting from scratch. You're starting from strength.*

### Why You're Here

You've made a bold decision to move forward, to grow, and to become everything your past tried to steal from you. This isn't just a job search. It's a life reset.

### What May Be Holding You Back

1. You may think your past defines your worth.
2. You may believe you have to explain or overcompensate to be taken seriously.
3. You may feel like you're starting from the bottom but you're actually starting from strength.

### The RISE Framework

**R** Recognize Your Worth: You're not behind; you're built different.

**I** Identify Your Strengths: What helped you survive will help you lead.

**S** Speak With Confidence: Your story isn't baggage. It's proof of power.

**E** Execute a Plan: Your goals deserve a strategy that matches your new season.

### Coaching Questions for Starting Over with Strength

- What if your comeback could be stronger than your past?
- What would change if you stopped apologizing for your story and started using it?
- What does a stable, healthy, meaningful future actually look like for you?
- What part of you is finally ready to lead?

### Let's Build Forward

I coach women who are starting over not from scratch, but from strength.

Let's talk about how to:

- Find opportunities that match your growth
- Prepare for interviews and performance reviews with confidence
- Build work-life balance that supports your new season

Call or text 215-380-4870 or visit [www.charmaineashby.com](http://www.charmaineashby.com) to schedule your free clarity session.