

Better Self Breakthrough | Coach Charmaine Ashby

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RECLAIM: The Executive Reinvention Guide for High-Achieving Women

Position your pause. Leverage your leadership. Secure the role you deserve.

Why You're Here

You've led, paused with purpose, and now you're ready to re-enter with clarity, confidence, and command. This isn't a comeback; it's a recalibration.

What May Be Holding You Back

1. You may think you need to explain or defend your career pause.
2. You may believe you have to prove your readiness for a full-time opportunity again.
3. You may wonder if your current role reflects your true capacity or if you've outgrown it.

The RECLAIM Framework

R Reframe the Pause: How has this season made you stronger?

E Elevate Your Narrative: What story do you want recruiters and leaders to believe?

C Clarify the Goal: What does success *actually* look like now professionally and personally?

L Leverage What's True: Where have you demonstrated leadership, strategy, or impact regardless of your job title?

A Align with Vision: What kind of company, culture, and role match your energy now?

I Identify Power Moves: What 3 decisions will move your search forward without waiting for permission?

M Make Your Ask Boldly: Who needs to hear your story today and what would you say if you weren't holding back?

Coaching Prompts for High-Capacity Women

- How has motherhood or any personal pivot expanded your leadership style?
- What strengths have grown in silence while your résumé paused?
- What belief about career gaps are you ready to leave behind?
- If your next role was built around your capacity not your chronology, what would it look like?

Ready to Reclaim What's Next?

Let's build a positioning strategy that honors your brilliance, your pause, and your powerful return.

Book a 1:1 Executive Reinvention Session to:

- Craft your new leadership narrative

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- Identify best-fit, full-time opportunities
- Own your return with presence and precision

Call or text 215-380-4870 or visit www.charmaineashby.com to schedule your complimentary session.