

Your six-session program

Bring your goal, real examples, and a willingness to practice

We work from your starting point. No professional or leadership experience is required. Sessions may focus on entering work, moving into leadership, growing in a current role, or changing direction.

01 ASSESS | 90 MINUTES

Career snapshot, baseline, and three priorities.

02 CHOOSE A DIRECTION | 45 MINUTES

Target direction and a practical test.

03 EXPLAIN YOUR VALUE | 45 MINUTES

A value statement and two evidence examples.

04 CREATE OPPORTUNITIES | 45 MINUTES

An opportunity plan and outreach actions.

05 PREPARE FOR CONVERSATIONS | 45 MINUTES

A rehearsed conversation and feedback.

06 EXECUTE AND ADJUST | 45 MINUTES

A progress review and continuing roadmap.

Meet weekly or every other week, based on your needs. Agree on dates with your facilitator and adapt the sequence when a time-sensitive opportunity needs attention.

How each session works

Session 1 uses the assessment flow | Sessions 2 through 6 use the coaching flow

SESSION 1 ASSESSMENT

Review 0-20 minutes: build your career snapshot. Opportunities 20-45: choose a direction and priorities. Actions 45-70: assign three actions. Roadmap 70-90: sequence the next 30, 60, and 90 days.

R

REVIEW

0-8 MINUTES

Review your commitments, results, and the one outcome needed today.

OUTPUT A focused session goal.

O

OPPORTUNITIES

8-18 MINUTES

Explore choices and choose a behavior, skill, or conversation to work on.

OUTPUT A selected approach.

A

ACTIONS

18-35 MINUTES

Practice the approach, get feedback, and choose up to three next actions.

OUTPUT A practice result and owned actions.

R

ROADMAP

35-45 MINUTES

Set deadlines, measures, and the next review point.

OUTPUT An updated plan and session recap.

Practice between calls

Small completed actions give the next session something useful to build on

CHOOSE EVIDENCE YOU CAN SHOW

Save useful examples: a completed project, outreach conversation, revised career story, interview practice, feedback, or a leadership habit used in a real situation. Results from employers are information, not the only sign of progress.

USE THE NEXT SESSION TO ADJUST

Complete the recurring pre-call page, bring your recap, and explain what happened. If an action did not happen, identify the obstacle and choose a smaller or better next step.

MAKE YOUR EXAMPLES TRUTHFUL

Describe your actual contribution. A school, volunteer, or personal project is a valid example when labeled accurately. We will strengthen how you explain it without inventing titles, experience, or results.

My main goal and how I will recognize progress

Leadership habit I want to practice and where I can use it

AT THE FINAL SESSION

Review your starting point and progress, identify what still needs work, and confirm the next 90 days. Agree on actions, measures, a self-review date, and sources of support.