

Purpose Coaching

Career Focus: Find what you're meant to do

Career Focus

Dissatisfied with your career? Let's get you back on track by identifying what fulfils you.

Format

- 7 sessions
- 60 minutes for each session, except:
 - Session 1 = 30 minutes
 - Session 2 = 90 minutes
- Online video for all sessions, except:
 - Session 6 = in-person meeting (can be online if you prefer)
- Homework after each session including surveys, exercises, and assessments

Session	Topic	Key Goals
1	Intro	Overview of Package, Expectations, and Outcomes
2	Discovery	Self-Awareness
3	Explore	Ways your Current Career Fulfils and/or Dissatisfies you and its Impact on your Performance
4	Point of View	Acquire 8 New Tools for Finding Fresh Perspectives
5	Strengths	Identify your Strengths
6	Build your Roadmap	Create your Plan of Action
7	Celebrate	Reflect on Achievements

Key Learnings

By the end of this coaching, you will have achieved the following:

- ✓ Expanded your self-awareness;
- ✓ Identified ways your current career fulfils and/or dissatisfies you and its impact on your performance;
- ✓ Added new tools for finding multiple perspectives on any topic;
- ✓ Know your strengths;
- ✓ Have a plan of action for what's next, including mindset strategies for reframing setbacks and celebrating successes.