

Career Focus

Find what you're meant to do

Dissatisfied with your career?

Let's get you

back on track

by identifying what fulfills you.



Key Outcomes

- Expanded self-awareness
- Assess current career satisfaction/dissatisfaction
- Identify your purpose
- Articulate personal and professional strengths
- Develop a strategic action plan for career progression, including mindset strategies for handling setbacks and celebrating successes

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 Breakdown

1. **Intro:** Overview of package, expectations, and outcomes
2. **Discovery:** Enhance self-awareness
3. **Explore:** Assess the ways your current career satisfies/dissatisfies you
4. **Purpose:** Identify your purpose, specifically, what gives you meaning and fulfillment
5. **Strengths:** Articulate strengths linking them to purpose and impact
6. **Build your Roadmap:** Create your action plan to live positively with purpose
7. **Celebrate:** Reflect on new priorities, new habits, renewed sense of purpose



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FIND YOUR
Purpose
PACKAGE