

# Coaching Menu



Check the areas you'd like our coaching to address:

## Gaining Clarity in My Career and Life:

- Career Advancement, Career Management
- Identifying My Core Purpose as a Leader
- Career Change, Transition, Reinvention
- Retirement Planning
- Identifying My Values, Passion, & Purpose
- Vision & Strategic Planning for My Life, Career/Business
- Creating a Joint Vision with My Partner
- Attracting the Right Romantic Partner

## Enjoying Now:

- Enhancing My Health
- Life Balance, Organizing, Simplifying
- Financial Prosperity
- Cultivating My Spirituality
- The Fun Factor

## Moving Forward:

- Navigating Change
- Working My Action Plan
- Managing Obstacles
- Mindset, Motivation, & Maintaining Momentum
- Building Relationships, Community
- What's on the Horizon

## Owning My Time:

### Design

- Setting effective goals
- My right balance of work and play
- Creating a weekly schedule that works for me

### Organizational System

- For my physical space (office, home)
- For my calendar, commitments, contacts, and emails
- For all the paper (files, mail, reading)
- Keeping track of my ideas, projects, and actions to take

### Establishing Routines

- Habits of Success
- Daily Planning
- Weekly Planning
- Seasonal Strategic Planning
- Annual Planning (Personal & Professional)

### Skill Building:

- Mindset, Beliefs, Attitude
- Making Decisions
- Communication Style
- Simplifying, Automating, or Delegating
- Sharpening My Focus
- Being Selective, Saying No, Setting Expectations
- Being Flexible
- Managing Procrastination, Distractions, & Interruptions
- Managing Overwhelm