Athasmed Signature Coaching Program "Career and Self-Leadership Development"



PRE-COACHING

Coaching Agreement 24 Questions to Jumpstart Career Transformation (PDF)

COACHING

CORE

Who are you at your core?

Your Story Wheel of Life Professional Assessment Sheet 4 Questions Sheet Description of current workplace Values Exercise VIA Character Strengths Survey Limiting Beliefs DISC[™] (optional)

VISION

What do you want?

IKIGAI (Graph and Questions) Description of Ideal Job Interests Survey Intention (Mission Statement) Career Transformation Readiness Assessment

SKILLS

What skills and resources do you need?

Hard Skills Assessment Soft Skills Assessment Inner Skills Resources: Books, Articles, Organizations List, Contacts

IMPLEMENTATION

How do you take action?

Goals and Commitments Worksheet Action and Planning Log Motivation and Overcoming Obstacles Structures

SUCCESS

WHAT DOES SUCCESS LOOK LIKE TO YOU?



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