# 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





# **Dr. Jacqueline Huntly**

Email:
Jackie@
ThriveToLeadMD.com

Phone: 912-661-5119

Website:
ThriveToLeadMD.com

## **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

