

1:1 mid-career coaching

strategic support, truly tailored to your needs | career, leadership, management, work-life balance

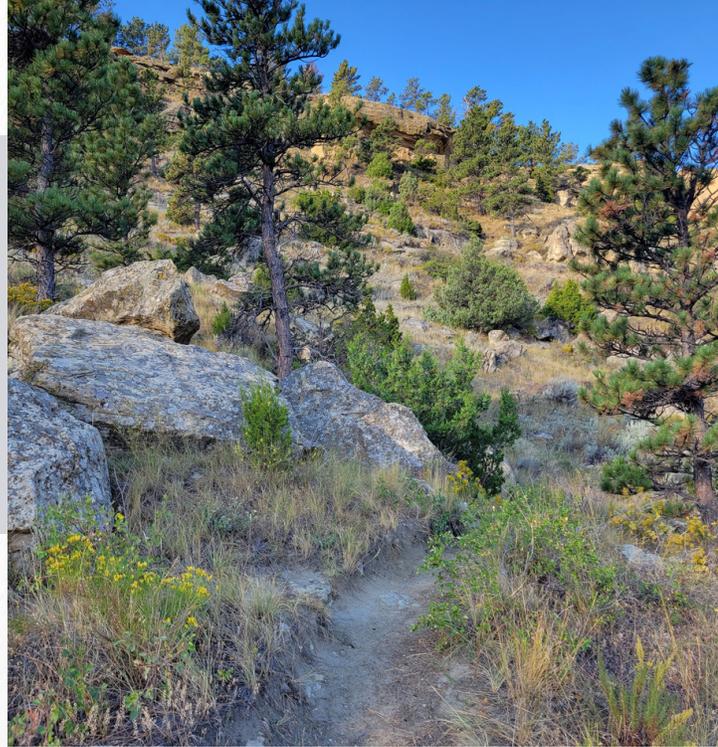
this is for you if you can yes to *any* of these

- you're feeling burnt out
- you're considering a career change or adjusting to a recent career change
- you felt confident in your technical role but are struggling with or think you might not like leadership and/or management
- you'd like to strengthen your leadership and/or management skills and take them to the next level
- you want to put your best foot forward for promotion or meeting any other career goal
- you're facing common challenges such as: achieving work-life balance, prioritization of competing demands, delegation, managing up, managing matrixed or remote teams, time management, building team cohesion, dealing w/ a difficult direct report or colleague, etc.

we'll start with a short intake survey for you (and your boss, if applicable), determine your goals, meet as often as you like, and check-in regularly on progress. what we discuss is up to you (and your boss, if applicable), and all will be kept confidential.

outcomes

1. a weight lifted off your shoulders
2. productive, specific, real-world strategies & action plans centered on your specific challenges
3. a trusted thought and accountability partner in your corner



\$1,200/month

- advising sessions on your schedule + 2 sessions w/ supervisor (1:1 or w/ you)
- no counting hours & contacts (collaborate via video chat, email, DM, etc.)
- intake survey for you & supervisor to determine goals
- notes after every session or chat w/ actionable to-dos
- review of resumes, etc.

\$300/hr

- intake survey to determine goals
- notes after every 1-hr session w/ actionable to-dos
- you schedule at your convenience

for mid-career leaders in any sector



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[Schedule a free consultation](#)



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