

Albert Einstein taught us that you can't solve a problem with the same kind of thinking with which it was created. Yet most of us try to get out of a career rut by using the same kind of logical thinking we apply to other day-to-day problems. We become more frustrated when this approach doesn't give us the answers we seek.

Listen, Sense, Grow is a creative, structured coaching program that engages you to *think differently*, so that you know what to do next and can start taking action in your career.

By the end of the program, you will:

- Know what to do next in your career, and be confident about taking action
- Have a short- and long-term plan for moving forward in your career
- Develop the habits to support you whenever you feel uncertain or unmotivated

LISTEN SENSE GROW

By using simple, creative exercises (journaling, meditating, drawing*), you'll access the wisdom of your whole mind and body. You'll find it easier to tap into your intuition and trust what it tells you.

As your coach, I'll lead you through each exercise and debrief with you about what you're learning and how you can apply it to your career going forward.

**No artistic talent required! This is about the creative process, not the outcome.*



HOW IT WORKS

- 4 one-on-one coaching sessions (each session lasts 2 hours)
- We meet every other week, by Skype or in-person

CONTACT

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