

# The Process of Becoming My Career Counseling/Coaching Client Welcome!

I am excited that you are considering exploring your career or study/training options.  
I am ready to support your next steps.

I take great satisfaction in mentoring and supporting women at each stage of their career.

## **FEES and PROCESS**

- Our initial meeting will be for 75 minutes. The Fee is 345.00
- Subsequent meetings are 60 minutes/195.00

My office will send you a Paypal request for payment prior to our meeting along with a link to download paperwork. Please return the paperwork at least 48 hours before our appointment.

We will meet over Skype or phone, your preference.

## **How Many Sessions Do I Need?**

In my experience, we accomplish what we need to in an average of 3 sessions. We cover a lot of actionable items during the 1st session. You then go away and begin to implement some ideas we discuss. I remain available for brief questions via email at no charge. If you find that you want to discuss an issue or concern in greater depth than email will allow, we then set up a new appointment. We may check in every several weeks or as often as necessary. It's really up to you. I see my role as responding to your needs and helping you to define and achieve your vision and your ultimate success.

I bring the wisdom of my own successes along with clinical training, my work teaching, my methods at the graduate and approach at the graduate and post graduate level.

I respond to what you need and help you to define what you may need and benefit from and then what actions to take to achieve it.

My knowledge also comes from having created my career and successfully used my intention, focus and knowledge to design, often against all odds, a vibrant, gratifying and financially rewarding career by following the deepest dreams of my heart and mind. I can help you do the same.

## **Counseling? Coaching? or both?**

**Career Coaching:** My approach to coaching is solution-focused and includes working with you to see what specific actionable steps you can take to achieve your career objectives.

**Career Counseling:** involves exploring any behavioral or emotional obstacles or challenges that are getting in the way of reaching your goals.

I also integrate a “Zen” approach to career development. I think our ultimate satisfaction in life comes from “being” not “doing” and that how we spend our days and channel our energy and creativity, our passion and intellect is as important as earning a living. We will design a plan that encompasses your whole self.

My counseling and coaching is tailored to your needs and goals. We meet via audio or audio/video—your preference and explore your questions and concerns, your goals. My role ranges from being very practical: “How to get from here to there”... knowing the national and international fields and trends, knowing universities and their specialty areas, being up on the trends for careers financially, and also how to overcome any obstacles to achieving your goals.

**Ready to embark on the adventure of creating the work life you dream of?  
I am ready to support you!**