

UNLOCK YOUR FULL POTENTIAL

# Thrive + Find Your Dream Job



A Personalized 1:1 Career Coaching Program

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# Transition isn't easy.

Perhaps you have nagging thoughts of confusion and disbelief after a layoff. Or you're dying to leave your soul-sucking position and find one that gives you energy. Or, you dream about applying your strengths and skills to something utterly brand new.

If you're questioning yourself, wondering what's next, and feeling a loss of identity and direction - believe me, you are not alone. It can feel vulnerable and nerve wracking when you're looking for what's next because there is uncertainty. It's normal to feel wobbly and ungrounded during any life transition. In fact, the definition of transition is: *changing from one state to another, morphing into something new*. Like the caterpillar who turns into the butterfly, moving from one job to another takes patience, the right knowledge and commitment.

“*Until this point, you have tried slugging it out on your own by using a generic outplacement program or attending free webinars. You've found they don't deliver and you're losing momentum. If this sounds, like you, I will show you how to get through this.*”

**I've developed my proven T3 formula over the past 12 years and have guided hundreds of people to find their next coveted position.**

If you're strategic and intentional, choose what lights you up, have a growth mindset, develop an aligned action plan and hold out for a position you really want, you will land your next position that's the perfect fit.

# The T3 Formula

Connect to Your Vision + Intention

Ignite Your Power + Confidence

Lead with Authenticity + Purpose

Develop Your Aligned Action Plan

Level Up! Resume + LI Profile

Interview + Role Play

Communication: Get Results You Want

## Unlock Your Full Potential Thrive + Find Your Dream Job

In eight short weeks, you'll rediscover your talents and value, strengthen your personal brand, connect to your purpose, develop a magnetic resume, uplevel your confidence and create a resilient mindset while you take repeated and inspired action toward landing your next position. I will be with you every step of the way, providing comprehensive and personalized guidance, proven strategies, and practical tools so you thrive through the transition and succeed.

**“I was in a career transition when I sought Amy’s help...**

She walked me through a process that helped me get clear on what I really wanted in my next position. She is smart, insightful, and wise. We looked at my options and I ultimately made a decision that worked best for me and the new life I was creating. The whole experience of working with Amy was very empowering, uplifting, and liberating.”

~ Jennifer Shambroom, CMO, Clickatell

## MODULE 1 **Your Vision + Intention**

Everything we create starts with intention. We either are aware of what we're creating or not. This week you'll write an intention statement that describes exactly what you want in your next position. It will be so REAL that you will feel it and almost taste it! This is the first step to learning to create boldly and purposefully.

Action steps:

- How the creative process works and clarifying what you want next
- Determining where you are now
- Defining the parameters of your next position
- Connecting to your vision with all 5 senses
- Writing your intention statement

## MODULE 2 **Power + Confidence**

That charisma and charm you long to have oozing out of your pores come from a place of confidence. And we'll find yours and curate it so that you feel comfortable, in any situation.

You'll bust out of old limiting ideas and behaviors that get in the way of feeling confident and taking inspired action. When you walk in your power and confidence, those around you feel it and respond. You become magnetic!

Action steps:

- Looking at beliefs instilled in childhood that are limiting
- Unraveling impostor syndrome so you feel 100% deserving of success
- Breaking the link between perfectionism and procrastination
- Identifying negative stories you tell yourself and replace with empowering ones
- Developing Mindset Tips for greater ease

## MODULE 3 Authenticity + Purpose

You are going to build your brand - from the inside out. We'll construct one that is completely YOU and captivating!! The more willing you are to be authentic and honest with yourself, the more you will attract positions that are aligned with your values and what you really want. When you do, you'll show up in the world in your true power.

This week, you'll discover your natural strengths and talents and uncover what truly delights you. You'll also connect with your purpose. Connecting to purpose gives us meaning so we wake up with energy, drive, and optimism.

Action steps:

- Claim your superpowers
- Reveal your secret sauce
- Commit to your values
- Connect to what brings you joy
- Discover your purpose

## MODULE 4 Strategy + Aligned Action Plan

The actions you need to take to find your next position must also align with your purpose if you want to make an impact on your life and in this world. So, we'll build out your Aligned Action Plan to help you manifest your dream job!

Action steps:

- Create your job strategy
- Develop goals
- Define potential obstacles and assistance you need
- Build your accountability team
- How to stay the course

## MODULE 5 **Level Up!**

This is the crux of presenting yourself to the world. This week, we'll revise your resume and LI profile and get you prepared to put your best foot forward as you engage in the interview process.

- Action steps:
- Your irresistible resume + LI profile
- Cover letter templates
- Strategies to get noticed

## MODULE 6 **Interview Prep + Role Play**

It all boils down to how well you interview and whether your background meets the needs of the company. You have to put yourself in the mindset of the interviewer.

Action steps:

- 5 Tips for Interview Success
- Developing executive presence
- Interview role play
- Asking for what you want

## MODULE 7 **Strategic Communication: Get the Outcomes You Want**

**Communication** is the single most important skill in business - hands down. It's even more crucial throughout the interview process. Everyone can learn to become a better communicator. Just like learning any new skill, it takes focus, commitment, and practice!

Action steps:

- The art of intentional communication
- 7 proven communication strategies for every conversation
- A process to articulate with clarity and conviction
- Win-win negotiations

## PROGRAM DETAILS

- 🔥 Weekly or Biweekly 1:1 Calls
- 🔥 60 Minute Zoom Sessions
- 🔥 Result-Oriented Homework
- 🔥 Resume + LI Profile + Cover Letter Review
- 🔥 Accountability Via Text and Email

**“I no longer wake up feeling like I have to pinch myself...**

“My life is what I dreamed it to be. I still do not know if taking the time to write out what I wanted in detail allowed the universe to answer me or if it just allowed me to be honest with myself about what I wanted, open to it, and when it arrived, be confident to ask for it. Either way, I still go back to the process you taught me to keep myself aligned with what I want.

My new role is a perfect fit for me...I am confident in showing up as my authentic self. I am getting time with my family and setting my work schedule (most of the time). We are enjoying life.”

Erica Blight

VP Global Client Services + Marketing, Sekisui Diagnostics

## This concentrated coaching program:

Will unleash your power and confidence so you stand up and be seen and act with unrelenting purpose to land your dream job.

Is an exclusive opportunity to get customized coaching from me in a way that's accessible and accelerated - because I know you're tired of doing things that don't work.

You'll come out with clarity on your authentic brand, know your path forward, develop your strategy and action plan, take decisive next steps and learn to communicate in a concise and compelling way.

*I know what it feels like to be in transition. I only wish I had a program to help me navigate when I was going through mine!*



## HAVE QUESTIONS?

Book a 30-minute Q&A call with me to discuss if this program is right for you.

**BOOK A CALL**

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# About Amy



Amy is a leadership advisor and career coach. Her expertise lies in elevating high-performing individuals and teams to reach their highest potential for success. She has guided hundreds of people to find their next coveted position. She also delivers her signature leadership program, Authenticity, Purpose + Impact to entrepreneurs, executives, and rising stars. Amy is passionate about empowering clients to find their authentic leadership style, communicate with courage and confidence and accomplish what they want most.

Earlier in her career, Amy spent 8 years in executive search. Before recruiting, she held executive positions in Silicon Valley, leading domestic and international teams to consistently overachieve objectives. She generated hundreds of millions of dollars for the companies she worked for.

Learn more about Amy, [here](#).

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