

# CAREER CHANGE

## Pathways

This experiential nature coaching program, open to able-bodied, fully vaccinated women, consists of 7 two-mile outdoor Walk & Talk sessions on a gentle path in a forested park with Sara, plus 3 sessions by video. Along the way, you'll embark on an journey of personal discovery and professional transformation, and identify what you would genuinely love to do for work by exploring a few career paths firsthand, between walks. Then, we'll stroll together, rain or shine, every other Friday afternoon, and process what you're learning, break through any real or perceived obstacles, get clear on which fields are a fit and which are not, and make a concrete plan for your next steps.

### BY VIDEO: JOURNEY OF SELF-DISCOVERY - PART 1

- Capture your current levels of satisfaction in \*all\* areas of your life, and come up with simple, doable steps you can take right away to begin moving from surviving to thriving.
- *Finally* determine what the heck your "passions" are!

### BY VIDEO: JOURNEY OF SELF-DISCOVERY - PART 2

- Define your most deeply-held values.
- Visualize all aspects of your ideal career—colleagues, attire, physical environment, compensation, functions, etc.
- Get clear on next steps.

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CARTE!

### ENROLL IN CAREER CHANGE PATHWAYS

- Discover even more about yourself, your personality, and your strengths through a series of quizzes and tests.
- Commit to reflecting at least 1 hour a week outside, on solo walks.

### OUTDOORS: SESSIONS 3-9

- Brainstorm & narrow down career fields of possible interest.
- Plan small experiments to "test drive" these fields before committing.
- Gauge whether or not new careers are a fit by dabbling—taking quick classes, attending events, volunteering, and making connections.
- Process what you're discovering with Sara, and make informed decisions.

### BY VIDEO OR PHONE: SESSION 10

- Discuss what you've learned and decided, and how you've grown.
- Make a plan for moving forward in a different direction!



**As your coach,** I bring firsthand, personal experience; years of coaching others through what you're going through; creative ideas; leads; tips; tricks; worksheets; tools; compassion; insight; intuition; partnership; accountability—and *fun!*

### READY TO GET STARTED?

It's time to synthesize your experience, skills, values, passions, purpose and potential into meaningful and rewarding work!

**"In every walk with nature, one receives more than he seeks."**

—JOHN MUIR



Adventures in  
**CAREER  
CHANGE**