



About Career Coaching

What to Expect

Career Coaching Is...

- Forward-looking
- Challenging
- All about YOU

Career Coaching Is NOT...

- Therapy
- A quick fix
- Comfortable

My role is to...

- Listen to you
- Question your assumptions
- Motivate you
- Challenge you
- Point out opportunities
- Brainstorm with you
- Plan with you
- Guide you
- Excite you
- Keep you on track
- Share my advice
- Point you towards resources

My role is NOT to...

- Pester or nag you
- Do the work for you
- Make you feel guilty
- Upset you into action
- Bribe you
- Lie to you
- Blame you
- Tell you you're wrong
- Make excuses for you
- Tell you what to do
- Argue with you
- Coddle you

Your role is to...

- Be honest
- Do your homework
- Be willing to be pushed
- Be willing to think differently
- Follow through
- Take it one step at a time
- Keep a positive attitude
- Keep an open mind

Your role is NOT to...

- Relax and let others do the work
- Expect miracles
- Expect perfection
- Get disappointed early on
- Hide your feelings
- Fake your results
- Make huge decisions overnight
- Tell me what you think I want to hear