



Karmichael GROUP

EXECUTIVE COACHING &  
SUCCESSION MANAGEMENT

# The Career Intervention – work with passion and purpose.

During a Career Intervention you will discover what you love to do and you will turn your passions into a logical and fulfilling career plan. You will follow a process which helps you clarify your passions, get rid of unhealthy habits, and make choices that truly fulfill you.

## **The Career Intervention is for you if:**

- You feel blocked in your career
- You have a pattern of making career decisions that don't quite fulfill you
- You want to use your talents in a fulfilling and positive way
- You have professional skills, yet you are not sure if you are applying them in the best way
- You don't want to mess around. You want to get to the bottom of your issues and get your career on a fulfilling track.

## **How it works**

The Career Intervention is a highly personal one-on-one coaching service that will help you get your career to where you want it to be. It consists of twelve coaching sessions, with each session focused on a career related topic and a workbook, which you complete prior to each session. The workbooks were created to provide you with the information and structure you need to identify what fulfills you, make good career decisions, and stay on

track. Through the coaching, we will also help you identify and ally the normal fears that are part of the journey to a fulfilling career, with the typical ones being fear of criticism and not making enough money.



## What we do

Based on positive psychology and family systems coaching, a key part of this process is writing your life and career autobiography starting with your grandparents and parents, and working your way up to your most recent career experience. Doing this, allows you to turn your past experience into wisdom, and life lessons, and it reveals the pattern of choices that do not fulfill you, as well as the choices that lead to positive growth and change. If you make choices that fulfill you again and again, you will create a niche in your work that allows you to reach your full potential and make the money you need.

## Session One – Contracting

Contract with your coach and review your “Welcome Workbook” – an introductory workbook that helps focus the coaching.

## Session Two to Four – Reflect on Your Life Experience

Take stock of your life so far, complete your autobiography, and turn your life experience into career wisdom.

## Session Five to Six – Create a Guiding Compass

Identify what is important to you - your values, mission, strengths and preferred work style.

## Session Seven – Define your Vision

Create a career vision using “right brain” creative processes.

## Session Eight – Explore options

Explore different career options that meet your “fulfillment criteria” and research your top choices.

## Session Nine – Make Fulfilling Decisions

Use a decision making tool to help make choices that fit with your needs and risk tolerance.

## Session Ten – Know your Triggers

Learn how to manage the emotions that take you off track.

## Session Eleven – Create a Plan

Set priorities and figure out what you need to do and in what order.

## Session Twelve – Close and Celebrate

Take stock and get clear on the habits you need to reach your goals.



### About the Karmichael Group

Natalie Michael and the Karmichael Group specialize in executive coaching and succession management. We help leaders to be more fulfilled and influential at work.

#### Contact Information

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