

Know your purpose

We all get wrapped up in our day-to-day busy lives. It is hard to take a moment to plan and be strategic in our own career paths to be our **authentic selves** when we have so many deadlines and demands on our time.

How do you have intentionality?

This 6 step coaching course has a practical focus on HOW you develop a process for focusing on yourself. A meaningful look at your values, what motivates you and how you encompass all aspects of your life into your purpose. Identifying barriers and enablers to help you progress. All with the aim of creating your personal brand story.

Develop your own approach by...



Values led

Our values are important because they help us to grow and develop and thrive. They help us to create the future we want to experience.



Your purpose

A purpose statement encapsulates everything you would like to be, do, and have in your life both work and home, based on your values.



Storytelling

You're much more than the tasks you are able to perform or the education you have received. Your personal brand story should reflect the **values and purpose** that drive your vision for what is possible

Build your reputation

- Share your values and purpose
- Reinvent yourself
- Invite opportunity
- Let others learn about you

Barriers and enablers

- Reflection time
- Reduce the barriers
- Increase the enablers
- Personal SOAP

Purposeful Conversation

- Master Storytelling
- Reputational opportunity
- Build confidence in yourself
- Stakeholder engagement

Stakeholder mapping

- Build connections
- Communicate progress
- Gain recognition
- Influence connections

