

Clarity Pack

The Clarity Pack is a 3 month coaching program which is perfect for those of you looking to make some decisions around 'what's next' in your professional life. Your journey begins with a focus on significantly increasing your self-awareness, giving you a much greater understanding of what makes you tick and what's important to you in life. You will also learn a series of new tools and techniques to support you in your current and future decision making.

At the conclusion of your coaching, you will have a commercial vision and feel ready to proceed with clarity, certainty and therefore confidence in your next steps.

The process looks like this:

Understanding self – a few activities to help you start getting a better understanding of what makes you tick, what motivates and drives your behaviours and how to create an environment whereby you play to your strengths on a daily basis. This results in a more fulfilling, meaningful and enjoyable life! You will also set a series of goals for the next 3 months.

Playing to your strengths – we complete a values elicitation, again to help increase your self-awareness. You will also gain clarity around the areas of your life you'd like to focus on for the next 12 months.

Designing your dream role – this session helps you to understand the various ways in which we get paid... and money is only one of them! We look at your career timeline and also design your role/business venture to be aligned with who you really are and what matters to you.

It's decision time! – this is when decisions get made. We've gathered all the information and have a good understanding of how to create a fulfilling life for you – personally and professionally. Now we can create a commercial vision and get clear on your ongoing actions.

Post Pack accountability call – this call is about sharing your wins regarding the decisions you have made. It's also an opportunity to check in and get support around any challenges that might have arisen to help you stay on track with your new clear direction.




What Athena Coaching clients say ...

“ Hi Linda, I can't tell you enough how much I appreciate your coaching and guidance this year. You helped me get through a very challenging time in my career and some huge obstacles. Your insight, approach, and advice has helped me rise above the rest. You are a wonderful person Linda ”

Richard M, BDM, Marketing, PR & Branding Agency

Linda Murray
Master of Business Coaching (Distinction)
Bachelor Psychology & Philosophy
Accredited NLP Practitioner

w: www.athenacoaching.com.au
e: Linda@athenacoaching.com.au
a: Level 3, 1 James Place, North Sydney, NSW 2060
m: 0405 322 005

Linda Murray 
/AthenaCoaching 
@Athena_Coaching 


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Empowering Female Leaders