

Career Exploration Coaching Program Proposal



About Coaching

Our 1:1 Coaching Programs empower you with a clear structure and set of tools designed to help you move progressively toward stronger self-awareness, leadership effectiveness, goal achievement, and, ultimately, an increased sense of purpose and fulfillment in your personal and professional life.



Career Exploration Coaching - Program At A Glance

For people who want to gain clarity on what they want to create in their work/career and execute a plan to achieve it.

Virtual Delivery: 6 or 12 x 45-minute coaching sessions over a 6 month period.

Investment: \$2400 plus GST for initial 6 sessions. An additional 6 sessions can be added on for \$2000 plus GST.



About Jennifer

Jennifer Deane is a Professional Certified Coach, Consultant, and Facilitator. She has over 20 years of experience bringing out the best in leaders and teams through coaching and targeted training and development.

Jennifer specializes in coaching leaders to inspire others with their ability to listen and communicate with confidence, clarity, and conviction. She works with her clients to develop visionary and strategic thinking that empowers them to lead with purpose and integrity.

Jennifer has coached leaders at all levels across sectors in public and private organizations globally. Jennifer brings passion and energy to every exchange and truly partners with her clients to achieve their personal and professional goals. Jennifer's clients are peppered around our planet actively making a difference in their homes, organizations, and communities while living and leading with passion, clarity, and purpose.

Approach

Jennifer uses a combination of inquiry and consultation throughout the coaching process to help you accelerate your clarity, amplify your impact, and increase your influence. This unique approach empowers you to achieve breakthrough goals in your personal and professional life – all while developing your self-awareness and learning new skills.



Connect.

I excel at creating genuine connections with my clients.

Through this connection, I am able to identify problems and personally relate to my clients, which builds a strong, foundational relationship.

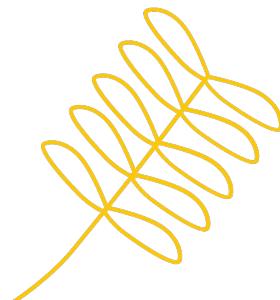
This connection with my clients allows for real conversations to take place.



Balance.

I lead my clients to achieve a better-balanced life in all that they do, from personal to professional, and everything in between.

To do so, my clients adopt my structured methodology, which balances the pressures of life achievements and fulfillments by creating a structured path of measurable goals. My work contributes to closing the gender balance gap in the workforce.



Thrive.

Simply put, I want to see my clients THRIVE.

I care deeply about their development, their progress, and their happiness.

It's my goal to see my clients confidently living with purpose and increasing their visibility and influence in their careers.

CAREER EXPLORATION COACHING PROGRAM

The Career Exploration Coaching Program is designed in 2 phases to allow for maximum flexibility. When in career/work exploration mode, people have different needs, some want help with setting the foundation and can implement the plan on their own and others want support as they put the plan into action. The Career Exploration Coaching Program will start with a commitment to 6 coaching sessions.

PHASE 1: Setting the Foundation For Your Work/Career Clarity

CLARITY ON THE IMPORTANT THINGS 4 Sessions	-Establish clarity on important factors in your career -Understanding your strengths, values, and career vision -Developing your unique value story
DEVELOPING A CAREER ACTION PLAN 2 Sessions	-Establish clear focus in your career action plan -Defining your information needs to inform your outreach strategy

PHASE 2: Making Your Work/Career Move

COACHING FOR RESULTS 5 Sessions	-Regular coaching will support your accountability and build momentum to help you achieve your career action plan
REVIEW PROGRESS / NEXT STEPS 1 Sessions	-Measure progress on your career action plan & determine next steps

What Clients Say

"I have worked with Jennifer and her team on multiple times over the last decade and each time they have far exceeded expectations. In a very short period of time they helped myself and our teams pinpoint areas for growth and provided very pragmatic real time exercises and support. I wholeheartedly recommend Jennifer Deane Coaching."

*-Kate Dickerson
Vice President, People Services
Vancouver Community College*

"Jennifer asks the questions that get behind the glass and challenges me to see another perspective."

-Dr. Noah Alexander, Emergency Physician, Vancouver General Hospital

"I was very happy with undertaking this process with Jennifer to do some specific review of the progress in my career and exploring what factors were impeding my progress. I felt that I received some really good, concrete steps to work through some career challenges related to my personal goals and my goals related to my role within my organization."

-P.C., Sr. Evaluation Specialist, Tides Canada Foundation

"I received an increase in pay and a promotion to a Partner Program Manager! So much of the career development planning and sponsorship support helped align the skills I was learning through the program with the plans and needs for my team, and really helped position me for a promotion, and I'm very grateful for that!"

-Whitney Chand, Partner Program Manager, Thinkific

Recently Worked With:

