

COACHING GUIDE MODULE 1

LESSON 4: NEXT STEPS

The exercise in this section will leave you with an action plan to implement to help you navigate with a clear strategy and direction. This action plan pulls together what you have completed in this module and invites you to follow the steps to create what's next for you.

Use a notebook or journal to complete the answers in the exercise below. Reflect back on Lessons 1, 2, and 3 to give you additional ideas and insights.

EXERCISE: ACTION PLAN

1. List 3 actions you will take in the next 30 days. Be as specific as you can and make sure you put in a 'by when' date for each action. Example: I will contact Sue Jones this week to tell her what kind of job I am looking for and ask her to introduce me to Sam Smith so I can network with him. Example: Meet with my boss to review my new career aspirations by the end of the month. Example: Hire a coach and share my work and insights in this module.
2. List 1 or 2 key practices that will support you in taking the actions above. A practice is something you may not be good at yet but need in order to get to where you want. Example 1: Reach out to my network and schedule a live conversation twice a week or more. Example 2: At the end of each day, journal at least one positive work thing that happened to me. Example 3: Write for at least 10 minutes a day. Example 4: Take a class or hire a teacher/coach to learn how to do x better.
3. List specifically who in your network of support will you ask to help you keep your commitments to your action plan. Identify at least 3 people.

FOLLOW UP

If you want more help moving yourself forward faster, reach out to me at Wendy Capland, wcapland@visionquestconsulting.com to schedule a one hour 1:1 Coaching Session. Investment-\$500.