

COACHING GUIDE MODULE 5

LESSON 5: ACTION PLAN & NEXT STEPS

An action plan with accountability to yourself and others will help you grow and enhance your professional power so you can have more of what you want more of the time at work and in your career overall. There are many many things for each of us that makes us appear less powerful or confident and holds us back. We know we self-sabotage but we don't know how to change it. Through this Module, you have begun to uncover many of these and have learned strategies to overcome them and raise your personal power index.

Use a notebook or journal to complete the answers in the exercise below. Reflect back on Lessons 1-4 in this Module 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.
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.
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.