stay + thrive
COACHING

2 THE FOUNDATION | 3 Sessions| 3 x 60 mins | $425

WHY THIS SESSION?

Because if you're going to stay at your job, you want it to feel meaningful. Over three sessions, we'll dig deeper into your values, your daily patterns, and the ways you can reshape your work for more energy and purpose.

WHAT WE'LL DO TOGETHER

- Map your values and spot the gaps in your current role
- Learn practical job crafting strategies to make small but powerful shifts in tasks, relationships, and mindset
- Test out engagement experiments between sessions and reflect on what works
- Build your personalized *Stay Plan* so you know how to thrive where you are

WHAT YOU'LL LEAVE WITH

- A personalized *Stay Plan* to guide your next 3-6 months
- New self-awareness of what helps you thrive at work
- Practical tools you can keep using to stay engaged and energized
- A "You" map complete with distilled values

*Reach out + book your **free** discovery call today*

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