

# SHAKE YOU UP!

Executive and Life coaching



## Overview

This 7 one-to-one coaching sessions program facilitates the reflection and stimulate participants through "finding an energizing job which will allow me to have time for my family and myself". Each participant will have the opportunity to identify clear actionable steps to move to this next step.

## Who is this program for?

This is a perfect offering for those who want to come back to work after a period of inactivity ( ex: expatriation, maternity leaves...) and find the right job which will energize them and allow them to have spare time for family, passion, leisures...

## Investment

The cost of this seven one-to-one coaching sessions, including the 360 Reach report and the Top 5 Strengths Finder report is **\$950** per participant for 70 days. The individual coaching sessions can be in face-to-face (if in Sydney) or by Skype or phone.

## Contact us

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*A free sample session can be organized to meet Sophie Derand -Certified coach, member of ICF- and answer to your question*

# MY NEXT "BALANCED" STEP

**My next balanced step is a one-to-one coaching program of 70 days developed for people willing to explore what could be their next step, while keeping a good work-life balance.**

This powerful program provides structured coaching sessions to raise the self-awareness about strengths, self-motivations, to help participants to identify their next step job aligned with their core values and priorities while staying energized.

The program combines 2 important topics : work (what is my "ideal"job) and work-life balance ( my commitment to my family or other activities/responsibilities important for me).

It is tailored to each individual need and objectives and give time, space and tools to reflect on themselves and their needs.

## The program

This program will consist in 7 individual sessions of 1/1,5 hour once a week (or once every 2 weeks) with some homework exercise between the sessions.

It is supported by 2 self-awareness tools ( "strengths finder" and 360 reach) and co-active coaching exercices. The program will focus on :

- Values and motivations
- Refocus on my strengths and my impact on others
- Recognize what gives and takes my energy and define a sustainable balance for me

The program was tailored to fit in 70 days but can be adapted to each participant.

## Expected outcomes:

- ▶ Identify your unique and personal pillars for your next step
- ▶ Have a clear idea of what is your ideal "balanced" step
- ▶ Have a clear understanding of your strengths and how you can build on it
- ▶ Identify the activities that will energize you and bring you the balance you need
- ▶ Have a SMART action plan to move to their next step balanced step

