

The Phoenix Leap

1:1

Coaching & Mentoring Program

**CAREER REINVENTION FOR WOMEN 40+
READY TO OUTGROW WHAT NO LONGER FITS**

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You're Not Lost. You're Underused. You've built a career. You've shown up. You've delivered. And somewhere along the way, you started wondering if this is really it.

Not because you failed but because you've outgrown the version of yourself that built this life. The role, the title, the path that once made sense? It fits like a coat from ten years ago. Technically still a coat. Completely wrong for who you are NOW!

You don't need someone to tell you it's okay to feel this way. You need someone to help you figure out what to do about it. That's what The Phoenix Leap Coaching Program is.

This Is For You If:

- ✔ You feel bored, restless, or quietly resentful and you're smart enough to know that's a signal, not a flaw.
- ✔ You're at a crossroads - redundancy, a milestone birthday, burnout, a return from a break, and you refuse to just pick up where you left off.
- ✔ You have a loud "no" to where you are, but the "yes" isn't clear yet.
- ✔ You're done with roles that don't use half of what you're capable of.
- ✔ You want work that fits the leader you've become, not the one you were ten years ago.
- ✔ You're considering a bold move - a pivot, a business, a reinvention, and you need clarity that respects reality, not just inspiration.



This isn't an ending. It's where your real leadership begins.

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This is NOT For You If

You want to be talked into feeling better. If you're looking for validation without direction, or motivation without a plan - this isn't your program. This is for women who are ready to do the real work.

What We Do Together

Three months. Six sessions. No fluff, no filler.

We peel back the layers. We get honest about what's holding you - the internal blocks, the limiting beliefs, the identity you've been carrying that no longer belongs to you. And then we build something real: a clear direction, a concrete plan, and the leadership presence to go after it.

- ✔ **Session 1 – *Pause & Take Stock*:** We start where you actually are - not where you think you should be. What's draining you. What's still alive in you. What you're done tolerating. This is the honest audit most people skip.
- ✔ **Session 2 – *Rediscover Your Core Self*:** This is not a personality quiz. This is a deep excavation of your values, your strengths, your patterns, and the experiences that shaped who you are now. We map what you've been dismissing as ordinary, and find what's actually extraordinary.
- ✔ **Session 3 – *Release & Reframe*:** The blocks are real. The inner critic is loud. The fear of being too late, too much, or not enough is there. We name it, we face it, and we dismantle it. This is where stuck becomes momentum.
- ✔ **Session 4 – *Clarify & Expand Ideas*:** Now we get strategic. We explore real options - not fantasies - aligned with who you are, what you value, and what the market actually rewards. Multiple directions. Honest evaluation. No hand-waving.

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- ✔ **Session 5 – *Design Your Next Chapter*:** Direction becomes a plan. A real one with steps, timelines, skills to close, networks to activate, and strategies for the obstacles that will come. Because they will come.
- ✔ **Session 6 – *Step Into Your Future*:** CYou leave this session knowing exactly who you are, what you're going after, and how you're going to get there. Not hoping. Knowing.

What You'll Walk Away With

- ✔ A clear, honest picture of who you are now - not who you used to be.
- ✔ Relief from the internal conflict and constant second-guessing.
- ✔ A concrete career direction and action plan built around your values, energy, and this life stage.
- ✔ The language to express your worth with confidence - to yourself and to the world.
- ✔ The leadership presence to actually go and get it.

How It Works

- ✔ Format: 1:1 coaching online (or in-person if local).
- ✔ Duration: 3 months | 6 sessions | Twice a month.
- ✔ Session length: 90 minutes.
- ✔ Between sessions: Tailored exercises, reflection prompts, optional email support, curated tools and resources.

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Why Work With Me

I've been in the fire. I've rebuilt from the ground up and I know what it takes to go from completely stuck to fully alive in your work and life! And I know how to guide other women through that same transformation.

I work with licenced, evidence-based tools, zero tolerance for comfortable lies, and full commitment to your clarity. I will push you. I will call out the dodging. And I will be in your corner the entire way.

You don't come to me to feel better about staying stuck. You come to me to get unstuck - for good!

Ready?

Book a free 30-minute online meeting to explore your needs
& see if this program is the right fit.

[BOOK A FREE CONSULTATION](#)