

CAREER CHANGE *Alchemy*

One of Sara's signature programs, inspired by the book "[The Alchemist](#)" by Paulo Coelho, consists of 10 sessions to be used within 6 months' time. You'll embark on an journey of personal discovery and professional transformation, and identify what you would genuinely love to do with your life by exploring a few career paths firsthand. We'll get together on Zoom every two weeks and process what you're learning, break through any real or perceived obstacles, get clear on which fields are a fit and which are not, and make a concrete plan for your next steps.

JOURNEY OF SELF-DISCOVERY - PART 1

- Capture your current levels of satisfaction in *all* areas of your life, and come up with simple, doable steps you can take right away to begin moving from surviving to thriving.
- *Finally* determine what the heck your "passions" are!

JOURNEY OF SELF-DISCOVERY - PART 2

- Define your most deeply-held values.
- Visualize all aspects of your ideal career—colleagues, attire, physical environment, compensation, functions, etc.
- Get clear on next steps.

OFFERED
A LA
CARTE!

ENROLL IN CAREER CHANGE ALCHEMY

- Read "The Alchemist" by Paulo Coelho.
- Discover even more about yourself, your personality, and your strengths through a series of quizzes and tests.

SESSIONS 3-9

- Brainstorm & narrow down career fields of possible interest.
- Set up small experiments to "test drive" these fields before committing.
- Gauge whether or not new careers are a fit by dabbling—taking quick classes, attending events, volunteering, and making connections.
- Process what you're discovering with Sara, and make informed decisions.

SESSION 10

- Discuss what you've learned and decided, and how you've grown.
- Make a plan for moving forward in a different direction!



As your coach, I bring firsthand, personal experience; years of coaching others through what you're going through; creative ideas; leads; tips; tricks; worksheets; tools; compassion; insight; intuition; partnership; accountability—and *fun!*

READY TO GET STARTED?

It's time to synthesize your experience, skills, values, passions, purpose and potential into meaningful and rewarding work!

Email sara.mcardle.coaching@gmail.com to sign up.

"When you want something, all the universe conspires in helping you to achieve it."

—THE ALCHEMIST

Adventures in
**CAREER
CHANGE**