



ESSAE Rising Professionals

Career Development Workshop

When reflecting on your professional aspirations, how do you feel about where you are in your current state? Are you unsure of what you want in the future? Do you strive for more fulfillment and alignment in your values and purpose? Are you exploring opportunities or looking to advance?

This Career Development program provides a customized approach intended to develop the clarity that will help you move closer to your specific professional goals. Improve your focus and identify strategies and actions that will have the most impact. Participants will engage in an interactive workshop and will be provided with a creative framework to develop the following objectives:

- Solidify the goals you have for your career
- Identify actions and resources that support these ambitions
- Identify the skills and aspects to further develop to maximize your success
- Gain clarity on your next steps to accomplish your goals
- Align your strengths and skills to support your professional ambitions

Thomas Passalacqua is a certified Executive and Career Coach and aims to support professionals to better accomplish their goals, maximize their capacity for success, and perform at their very best. Within his coaching platform, Ascend Professional Pathways LLC, Thomas specializes in customized professional and leadership development, executive coaching, and sales training.

Please visit ascendpropathways.com to learn more!

Connect with me on LinkedIn: [Thomas Passalacqua | LinkedIn](#)

[Ascend Professional Pathways](#) specializes in Customized Professional Development, Leadership Training, and Executive Coaching. My goal is to support high-caliber professionals to better accomplish their goals, maximize their capacity for success and perform at their very best.

My mission is to enable leaders to fulfill their potential to achieve the greatest results possible. This is one of many programs that are offered, please visit ascendpropathways.com to learn more!

Thomas Passalacqua

Certified executive coach specializing in sales training & facilitated learning.

516-946-2965 | thomas@ascendpropathways.com



Reflect on where you are in your career and where you want to go.

How would you rate yourself on being clear on your career path and what you want to achieve?

(On a scale of 1-10: **Weak-Moderate-Strong**)

1 2 3 4 5 6 7 8 9 10

How would you rate yourself on being in control of your opportunities?

(On a scale of 1-10: **Weak-Moderate-Strong**)

1 2 3 4 5 6 7 8 9 10

How would you rate yourself on feeling fulfilled in your career?

(On a scale of 1-10: **Poor-Moderate-Very**)

1 2 3 4 5 6 7 8 9 10

What are your top 3 qualities that make you unique and allow you to excel in your profession?

1.
2.
3.

Who are the top 3 individuals or groups you can tap into for resources or new opportunities?

1.
2.
3.

What would you say is the most important aspect of your abilities that you need to develop to maximize your potential? (ie your strengths and unique attributes)

What is your ideal timeline to accomplish your professional goals?

Solidifying your goals and objectives:

Thinking about your priorities, what are your overall goals that you want or need to achieve?

If you didn't have any limitations, what would you see yourself accomplishing? How do you define success?

Why is achieving these goals important to you? What becomes possible when you reach them?

Describe one small action that you can take right now that would have the greatest influence on reaching your goals. What will allow you to commit to that action?

List the behaviors, actions, or resources needed that would enable you to take the next step to gain more support and clarity:

Thinking about any challenges or sticking points that are in your way, how can you best break down each challenge into smaller tasks to accomplish?

Reflection & Planning

Create an Achievement or a Positivity List where you identify and highlight your past successes that you achieved. Display this as a reminder of your capabilities and focus on the positive experiences that support your current ambitions.

Past achievement:	How I accomplished it:	Why I am proud of this:	Lessons Learned: Habits, actions, & mindset that enabled this accomplishment that I can replicate again:

What are the top 3-5 initiatives that you need to drive for maximizing your success?

This introductory program is designed to provide an overview of the Executive Coaching tools and frameworks that Thomas specializes in providing. To see more information about the extended programs, please visit our [Programs page](#) or visit our page about [Executive Coaching and Career Development!](#)

If you found this program helpful and would like to promote its effectiveness, please consider sharing your experiences and provide a Google Review! I am also happy to provide special discounts for ESSAE members, please click below to learn more!

[Leave a Google Review!](#)



<https://g.page/r/CRX0ooMtBih4EBM/review>

[Special ESSAE discounts:](#)

**10% off on the Full Professional Realignment Program.
5% off on the Career Accelerator Program.**



To see all details, please visit:
<https://ascendpropathways.com/essae>