

The Career Reset Program

A 6-Session One-to-One Program for Midlife Women Ready to Redefine What's Next

You've achieved a lot—but something no longer feels right.

Perhaps you feel stuck, drained, or quietly restless. Maybe your confidence has wobbled, or the career that once fit now feels misaligned with who you are today.

Career Reset is a structured, supportive coaching programme designed to help you pause, gain clarity, and intentionally design the next chapter of your working life.

Not rushed.

Not generic.

Built around *you*.

Who this program is for

Career Reset is for you if:

- You're a midlife professional questioning your current career direction
- You feel capable of more but unsure what "more" looks like now
- You're navigating burnout, redundancy, or a loss of confidence
- You want meaningful, sustainable work
- You value depth, reflection, and practical action

What you'll gain

By the end of Career Reset, clients often say they feel:

- Clear about their direction and next steps
- More confident and grounded in their professional identity
- Reconnected to their strengths and value
- Empowered to make decisions without second-guessing
- Ready to move forward, calmly and purposefully

How the program works

- **Format:** One-to-one coaching (online)
- **Sessions:** 6 × [60-minute] sessions
- **Pacing:** Typically over 6–12 weeks
- **Approach:** Confidential, reflective, practical, and supportive

The Career Reset Program

This 6-session program follows the following structure which can be adapted according to your needs:

1. DIAGNOSE – Understand where you are

Sessions 1–2

Before you move forward, we take time to understand what’s really going on.

Together we will:

- Explore what’s not working in your current situation
- Identify patterns, pressures, and energy drains
- Rebuild clarity around your strengths, values, and needs
- Create space to think without judgement or urgency

2. DISCOVER – Reconnect with what you want

Sessions 3–4

Here, the focus shifts from “what’s wrong” to “what’s possible”.

We will:

- Reconnect you with your interests, motivations, and ambitions

- Challenge limiting beliefs and self-doubt
- Explore realistic career options aligned with who you are now
- Clarify what success looks like *for you* at this stage of life

3. DESIGN – Create a way forward

Sessions 5–6

With clarity in place, we turn insight into action.

Together we will:

- Define a clear, achievable career direction
- Design a personalised plan aligned with your life and priorities
- Identify practical next steps and decision points
- Strengthen your confidence to move forward with intention

You leave with focus, momentum, and a sense of control.

Pricing: €479 (or 2 instalments of €249)

Book a free Discovery Call [here](#)

