

Tailored Career Coaching

Redefine your career - Reclaim your confidence - Design what's next.

Whether you're feeling **stuck, overlooked, burned out, or quietly craving more**, this is your space to pause, reflect, and intentionally shape the next chapter of your professional life

This is for you if...

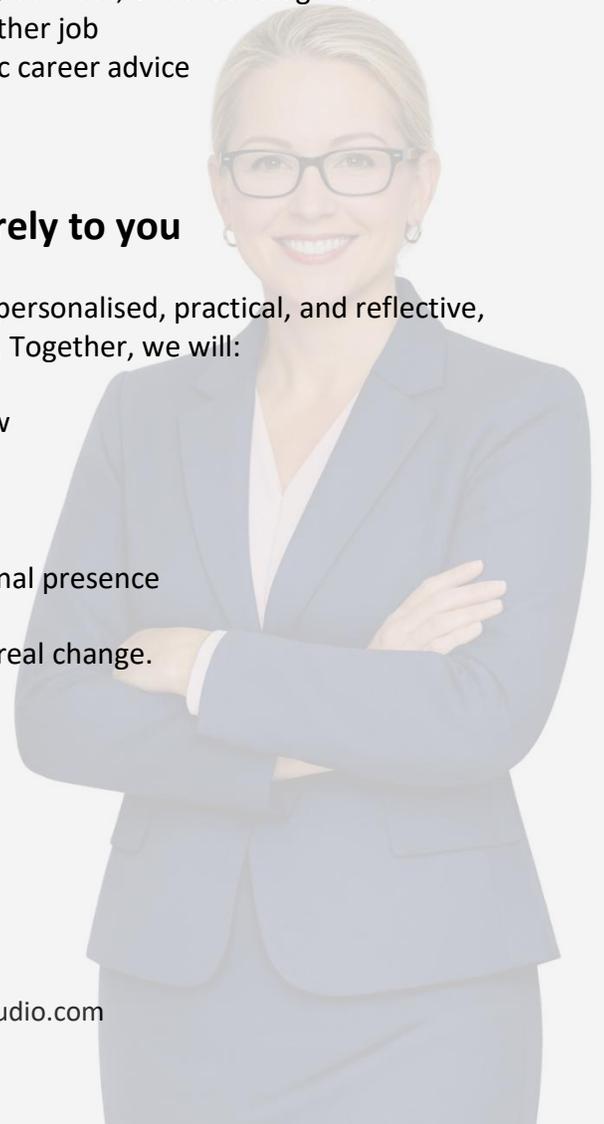
- You're a woman professional in midlife questioning *"Is this really it?"*
- You feel capable of more but unsure how to move forward
- Your confidence has taken a hit after redundancy, burnout, or career stagnation
- You want meaningful, fulfilling work, not just another job
- You're ready for personalised support, not generic career advice

One-to-one career coaching, tailored entirely to you

This is not a one-size-fits-all programme. My coaching is personalised, practical, and reflective, designed around your experience, values, and ambitions. Together, we will:

- Clarify what you *really* want from your career now
- Rebuild confidence and self-trust
- Identify realistic, energising career options
- Create a clear, achievable plan forward
- Strengthen your voice, boundaries, and professional presence

All sessions are confidential, supportive, and focused on real change.



What we'll work on

Depending on your needs, our sessions may include:

- Career direction & decision-making
- Confidence, self-belief, and imposter syndrome
- Navigating career change or reinvention
- Redundancy recovery or return-to-work support
- Work-life alignment and boundaries
- Preparing for interviews, promotions, or new opportunities

What you can expect

By the end of our work together, clients often say they feel:

- Clear about their next steps
- More confident and self-assured
- Reconnected to their strengths and value
- Empowered to make decisions without second-guessing
- Ready to move forward with intention

How it works

- **Format:** One-to-one coaching sessions (online)
- **Length:** 60 minutes per session]
- **Frequency:** Tailored to you (weekly / fortnightly)
- **Packages:** Single sessions or multi-session packages

We start with a **no-pressure discovery call** to explore what you want and whether this is the right fit.

Pricing:

Single session €85

4 sessions package €289

Book a free Discovery Call [here](#)

