



VMC InPower Career Coaching Program:

VMC's InPower Career Coaching Program is an 8-week Individual and Group Coaching Program that helps Mid-level, Senior-level, and C-Suite professionals and executives understand, assert their potential, and land their dream careers and a substantial salary increase all while gaining confidence in their abilities.

This program is NOT FOR EVERYONE.

VMC works with professionals who will get the results because they show up fully committed, coachable, and resourceful.

InPower Career Coaching is about having the career, salary, AND the life that you want. This means: the job you have been longing for, salary, benefits, and your impact on the world. It includes:

- 5 years' access to online resources- pdfs, worksheets, etc. post-completion of the program.
- 5 years' access to any recorded trainings, i.e., video or audio post-completion of the program.
- 8 weeks of unlimited, 24/7 written coaching support and feedback.
- 8 weeks of access to our closed Slack group where clients may support each other, and I post additional resources.
- Weekly 1:1 coaching calls and twice monthly group coaching calls.

VMC believes in service to the highest level. You will also receive upon completion of the program:

- Access to a closed Facebook group with like-minded professionals seeking career success.
- Regular bonus trainings to address various topics.
- Ongoing coaching to ensure your massive success.

Week 1: Crystal Clear

- Become crystal clear on the direction of your career.
- Understand the real problem of your lack of interviews/ interview success.
- Develop the confidence you need to take your job search & career to the next level.

Week 2: Time Mastery

- Know the changes to make to spend less time on being frustrated.
- Learn how to maximize job search.
- Start getting more done in less time, leaving time for other things.

Week 3: Distinguish Yourself

- Identify who you are as a jobseeker and a career professional.
- Uncover the patterns that have been holding you back from your career success.
- Learn how to stop the internal battles and stand out in your job search.

Week 4: Advancement Mastery

- Learn how to gain control of your future.
- Uncover patterns that have kept you from obtaining goals and can hinder future progress.
- Fight the overwhelming stress that keeps you from your goals and success.

Week 5: Outside Your Comfort Zone

- Learn how to get outside of your comfort zone – even if you are an introvert.
- Learn proper techniques to do so.
- Master a process that will get you ahead in your job search.

Week 6: Message Mastery

- Level up your leadership skills so you are in charge of your search, your career, and your salary.
- Claim your confidence and shift from fear, scarcity, or being stuck.

Week 7: Mindset Mastery

- Learn how to level-up your thinking to garner job offers.
- Break any old bad habits and form new, healthier ones, specifically for success.

Week 8: Integrate and Elevate

- Put together what you have learned into a specialized plan for your future success.
- Prevent waning back into old, bad habits and quit self-sabotaging your career and life once and for all.