As an Alumni Executive Career Coach, I’m committed to helping you find your own success by aligning your core values with your next opportunity. To support you in your transformation, I act as your accountability partner, educate you on the career transition process, monitor your progress, and provide support and feedback to help you achieve your potential.

As a career coach, I will encourage you to:

- Engage in self-discovery
- Clarify your values, strengths and what is most important to you
- Extrapolate from the past to create a vision of the future
- Approach your career transition with a growth mindset
- Develop your own solutions and strategies
- Activate your network and explore career opportunities
- Acknowledge and celebrate your accomplishments
- Hold you accountable

As a client, you will maximize your time and improve your chances of success if you:

- Prepare for our sessions
- Come open to feedback
- Are willing to follow and trust the process
- Experiment with new ideas and explore options
- Hold yourself accountable

**Aspects of Career Coaching: Coaching and Advising**

The coaching component is focused on guiding you to discover for yourself what will be most fulfilling for you. We will then work together to create a plan with specific action steps so you can make a successful career transition. I can also guide you in developing your career in your current role, managing challenges and/or navigating an internal move.

With the advising component, I draw on expertise and resources to teach you how to make a successful career transition, including the specific tactics and deliverables: vision, value proposition, resume, cover letter, LinkedIn, target company lists, research, and networking.
Essential Ingredients

- **Vision and Values**: build a vision of your ideal career future that incorporates your most important values
- **Your Aspirational Value Proposition**: identify your leading strengths you want to leverage to make a meaningful impact
- **Your Pitch**: align your positioning to align with opportunities in the market

**Meeting level of engagement**: 45 minutes – 1 hour via zoom or in person every 2-3 weeks. The coaching relationship serves you best when you work with one coach from the CDO and schedule sessions with consistency.

**Your commitment**: A minimum of 1-2 hours of career development exercises in between each session, 5-8 hours is average.

**To maximize each coaching session**: Complete the agreed upon exercises and come prepared with a topic to discuss.

**The benefits**: You gain a strategic partner to help you to maximize your personal and professional potential by aligning your core values and positioning with your next career opportunity.

I look forward to our partnership and to supporting you through your career transition.

Best,
Shauna

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