

MIT Sloan Alumni Executive Career Coaching Overview

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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