

# CAREER REFRESH

6-MONTH COACHING PROGRAM

# EXPERIENCE PERSONAL TRANSFORMATION THROUGH COACHING

According to research, most of us experience a midlife slump in happiness and career satisfaction in our mid-forties to early fifties. It's not so much a crisis as a meaningful transition from one way of living to another.

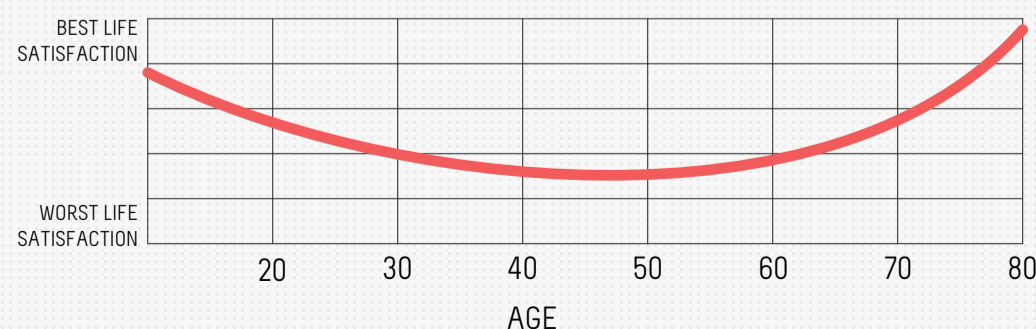
Career Refresh is a 6-month group coaching program to help you reflect on your personal calling in the transition of middle-life.

This is about refreshing your career and finding focus with a professional coach and supportive community who are travelling a similar journey.

We help you identify your strengths, articulate your deeper 'why,' and clarify your career focus. The outcome is a personal mission statement and life plan to help you regain momentum.

Is this the right time to invest in yourself and refresh your career in line with your passions and purpose? If so, let's have a conversation!

## THE HAPPINESS CURVE



Source: Gallup World Poll; Brookings Institute

## CAREER REFRESH CURRICULUM

Each cohort is made up of 5-6 professionals who engage in a 6-month coaching process, including:

- 1.25 hour weekly group coaching x 6 months on Zoom with productivity expert, Daniel Sih.
- Bi-monthly 1:1 coaching check in (4 sessions) including a CliftonStrengths Top 5 consult.
- Practical resources including books, videos and handouts to encourage deeper learning.
- Personal reflective activities to help you apply theory in practice in your real-world context.

This program will guide you through a series of personal transformation tools, including CliftonStrengths, Five-Capitals, Landscape of Life and other self-reflective tools to help you develop a personal-mission statement and life plan.

## ABOUT DANIEL SIH

Daniel Sih is the co-founder of Spacemakers® and has been a productivity coach and consultant for more than a decade.



He is an award-winning author, an accredited CliftonStrengths coach, regular keynote speaker and international podcast guest.

You can read more of his bio [here](#).

## TAKE THE FIRST STEP

If you are interested in Career Refresh coaching please get in touch with Daniel for a conversation.

Email [info@spacemakers.com.au](mailto:info@spacemakers.com.au) or schedule a [15-minute Zoom meeting](#).

