

THE TRIBE

Group Coaching



You, me, and a group of ambitious women working together to design YOUR BEST CAREER. This option includes coaching, a support team, and a mastermind all in one! You will be fully supported and kept on your toes with our weekly live coaching workshop on the key topic.

- We meet as a group weekly online to help you apply what you're learning to YOUR career situation. Here you'll get lots of support, motivation, practice, and feedback. This is where you move to action and make sure you get the most from the material. Coaching is your best route to making your career work for you. I will coach you and the group so that you leave each session with a strategy to put your skills into action and get you where you want to be, with confidence!

... all from the comfort of your home (or wherever works for you). Join us in your jammies, with a glass of wine and I will help you to activate and apply the learning to your UNIQUE context.

You also get ...



Over 9 hours of Videos and 12 Workbooks

1. Welcome to the Rise and Shine Programme
 - 🎥 How the programme works
2. Your goal setting
 - 📖 Workbook: Goal setting
 - 🎥 Setting outcomes
 - 🎥 Career story mapping
 - 🎥 Personal Branding Diagnostic
 - 🎥 Goal setting
3. Setting your career direction (foundations of your brand)
 - 📖 Workbook: Foundations of your brand
 - 🎥 Welcome to career foundations
 - 🎥 Identifying your values
 - 🎥 Defining your beliefs
 - 🎥 Finding your purpose
 - 🎥 Creating your vision
4. Personal Brand
 - 📖 Workbook: Personal brand
 - 📖 Workbook: Designing your dream job
 - 🎥 Understanding personal brand
 - 🎥 Defining your personal brand
 - 🎥 Building your personal brand
5. Marketing tools
 - 📖 Workbook: Self marketing tools
 - 🎥 Welcome to self marketing
 - 🎥 Writing a great CV/ Resumé
 - 🎥 Getting your LinkedIn profile right
 - 🎥 Crafting your Elevator Pitch
 - 🎥 Writing your bio

6. Profile Building Strategy

- 📖 Workbook: Profile building strategy
- 🎥 Welcome to profile building
- 🎥 Building your profile internally
- 🎥 Building your profile externally

8. Goal setting for the future

- Workbook: Career breakthrough
- Career breakthrough confidence
- Career breakthrough goal setting

7. Networking Strategy

- 📖 Workbook: Networking strategy
- 🎥 Introduction to effective networking
- 🎥 Relationship building
- 🎥 Building your internal network
- 🎥 Building your external network
- 🎥 Strategies and tips

VALUE: £795

You get 3 months support from me, your expert career coach. I have over 15 year's experience in coaching and have worked with thousands of women to date to help them take their careers to the next level!

VALUE: £650

Surrounded by other women who want to design a career they love. My Rise and Shine groups are unbelievably special. You work together, support each other, laugh, cry, and cheer each other on. I love every group I've worked with because I work with the most wonderful women. Different women = different perspectives. Learning it's not 'just me'. Hearing other women talk about themselves the way you talk about yourself can be quite the wake up call. You get feedback that's hard to ignore and will build you to a completely different level.

VALUE: Priceless!

A professional CV, LinkedIn profile and Bio review

VALUE: £450

Weekly LIVE and interactive career clinic to answer your career queries. Drop-in to my live clinic and get coached through your challenges and questions. This is your chance to get the support you need to prepare for a key meeting, get perspective on action you've taken, challenge our thinking. You bring it and I'll help you with it.

VALUE: £250

You don't just get support but you also build a new network. You've no idea where that can lead ... I've had clients make introductions to each other that have led to new jobs, collaborations, speaking opportunities, shared learning and much more!



#AskSinead to get support with your unique career challenges in the Facebook group. Have a quick question you need answered? Post on the #AskSinead thread and get advice from me!

VALUE: £250



Private Facebook Messenger group. This is your sisterhood of support throughout (and after) the programme. Here you can ask questions, ask for support, use us to bounce ideas and whatever else you might need. We also want to hear all about your successes so we can celebrate them with you.

VALUE: £250
















Lifetime access! Access to all the resources listed above PLUS group calls are recorded and you keep access to these to help you whenever you need.

Value: Priceless

Bonus 1 - Rise and Shine at Interview; my highly-acclaimed programme for preparing you to excel at interview. This is what you need to be your best self and nail that interview!

8. Rise and Shine at Interview







-  Workbooks: Rise and Shine at Interview Part 1,2&3
-  Getting your job application right
-  Mapping your career story
-  Understanding the job you're applying for
-  CV basics
-  CV general tips

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-  CV skills traits and experience
-  CV writing your profile
-  Interview prep – job discovery
-  Interview prep – STARRT examples
-  Interview prep – rehearsal
-  Interview performance – confidence techniques

VALUE: £97



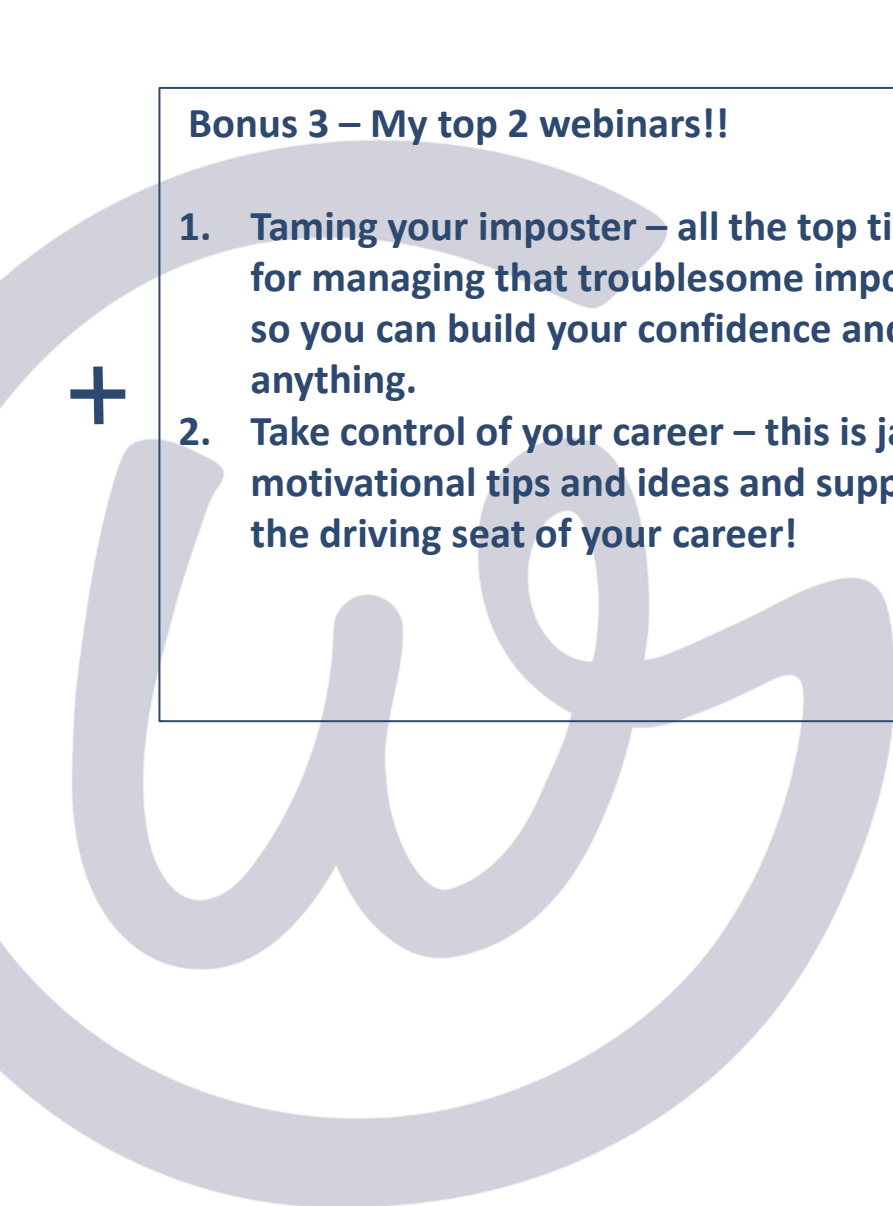
Bonus 2 – Level up your influence and communication; learn how to master the art of easy and authentic influence and communication. Clients regularly describe this as their favourite and most impactful module:

-  Workbook: Communication and Influence
-  Communication and influence fundamentals
-  Understanding other's values and traits
-  Influencing principles
-  Language for influence
-  Tools for influence

VALUE: £97



Bonus 3 – My top 2 webinars!!

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1. Taming your imposter – all the top tips and strategies you need for managing that troublesome imposter that lurks within you, so you can build your confidence and feel ready to tackle anything.
 2. Take control of your career – this is jam packed with motivational tips and ideas and support for how to put you in the driving seat of your career!

VALUE: £295

Investment

a one-off payment of **£1995** or 3 monthly payments of **£700**

[READY TO SIGN UP or HAVE QUESTIONS?](#)
[Click here to BOOK A CALL WITH ME and](#)
[Let's Get Started](#)