

CAREER IN PROGRESS

# Executive and Career Coaching

It's time for you to LIVE OUT LOUD!

Transformational coaching that will empower you to make courageous choices in career and life.

- Boost your Emotional Intelligence
- Enhance Professional Presence
- Learn Conflict Resolution Techniques
- Improve Communication Skills
- Increase Self Advocacy
- Strengthen Confidence
- Learn How to Embrace Change
- Identify and Learn How to Apply Strengths
- Set and Meet Strategic Career Goals
- Initiate an Action Plan for Success



Dr. Heather N. Maietta  
GCDF, BCC, CMCS

[careerinprogress.com](http://careerinprogress.com)

617-925-5289



## Individual Coaching

Work 1-1 with an experienced coach to set and meet your professional goals.

## Group Coaching

Work in a small group with like minded peers who are interested in advancing their career goals together.

# WHAT IS EXECUTIVE AND CAREER COACHING?

Coaching helps achieve a rewarding career through goal setting and action planning.

## HOW DO I KNOW IF COACHING IS RIGHT FOR ME?

- Do you want to feel more professionally confident?
- Do you want to love going to work?
- Do you want to reach your full potential?
- Do you want to be appropriately compensated?
- Do you feel there is something better for you out there?
- Do you have short-term and long-term career goals?
- Is your career in alignment with your values?
- Could your career be more rewarding?
- Could you be more confident about your future?

If you said “yes” to any of these questions, then a career coach can help you!  
Start Living Your Life Out Loud!

Career In Progress  
careerinprogress.com  
617-925-5289  
linkedin.com/in/heathernmaietta  
@heathermaietta