



CAREER BOOST COACHING BASIC PACKAGE

– FROM TECHNICAL TO MANAGEMENT

- FOR WHO? –** Professionals, graduates from technical careers with 3-10 years of experience, looking to reinvent themselves and get an upgrade in a management role, increasing their income by 20-30% over a year.
- GOAL OF THE PACKAGE –** The coaching program is 100% practical and formulated to provide technical professionals with knowledge and tools about managerial and commercial skills to pursue and succeed in high-executive roles in or outside the organization.
- COMMITMENT –** 22 weeks
- WHAT IS INCLUDED?**
- 12 live coaching sessions (12h) – via zoom or face to face
 - 15 different frameworks
 - Introduction meeting free of charge
 - DISC assessment and debrief
 - Complementary readings
 - Complimentary commercial toolkits
 - Live support via WhatsApp



DETAILED COACHING PLAN

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		Coaching Session
Week 0		Introduction
Week 1	CSTB1	Core values & personal SWOT
Week 3	CSTB2	Personality – DISC debrief
Week 5	CSTB3	Time management
Week 7	CSTB4	Influencing & effective communication
Week 9	CSTB5	Negotiations + Role-play exercise
Week 11	CSTB6	Personal branding and value proposition
Week 13	CSTB7	Powerbase and internal politics
Week 15	CSTB8	Introducing a role that doesn't exist or looking for a new role
Week17	CSTB9	Moving to a new location
Week 19	CSTB10	Decision-making process
Week 21	CSTB11	Bridge from old to a new role (transitions)
Week 22	CSTB12	Wrap-up, action plan, goals evaluation

