PAULADONNAN ADVISORY

Career Confidence Coaching Programme

Strengths-led coaching for experienced professionals who want to contribute, decide and put themselves forward with greater confidence.

1	2	3	4	5	6
Before you start	**Consultation 1**	**Coaching 1 and 2**	**Consultation 2**	**Coaching 3 and 4**	**Two months later**
Starting Point questionnaire and Strengths at Work Profile	Where confidence is tested, your strengths, two or three priorities	Work through real situations, rehearse, try them at work, review	Review what has changed and where to focus next	Build on what works and shape your Personal Development Plan	Follow-up session to review progress and new challenges

Is this for you?

You are capable at work, yet you may:

- hold back in meetings or wait until the moment has passed
- replay feedback or check decisions you have the experience to make
- find it hard to raise workload, disagree or ask for clarification
- struggle to explain what you bring when it matters

How we work

This is coaching, not a course. You bring real situations from your working week, decide what you want to try and test it at work. We review what happened and adjust together. We also look at the conditions around you, such as expectations, workload and working relationships, because confidence is shaped by more than mindset.

You do not need to become more outgoing. The aim is to help you handle important situations well, even when you still feel nervous.

What is included

- **Six one-to-one sessions** of about 50 minutes over four months
- **A follow-up session** two months after the programme ends
- **Email support and short check-ins** between sessions
- **Your programme tools:** Starting Point questionnaire, Strengths at Work Profile, mid-programme review and follow-up review
- **A Personal Development Plan** with your strengths, approaches that work and an evidence record
- **Lifetime access** to Overcoming Obstacles, the 3X Confidence and Authenticity Masterclass and the Built From Strength Podcast

Practical details

Format: online, with limited in-person availability in Belfast

Strengthscope®: optional and booked separately, with £75 off for programme clients

What you take away

A clearer picture

An accurate view of what affects your confidence, what is within your influence and the strengths you bring.

Approaches you have tested

Ways of handling meetings, feedback, decisions and workload that you have tried in your own work.

A plan you keep using

A Personal Development Plan and evidence record to return to before reviews, new roles or difficult periods.

Investment

£750

Start with a free 30-minute Initial Briefing

We talk through what you want to handle differently and whether the programme is right for you. There is no obligation to book.

Book at pauladonnanadvisory.com

Paula Donnan is an accredited Level 5 Coach and Strengthscope® Leader Practitioner with 15 years' experience in career development, based in Belfast and working across Northern Ireland, Ireland and the UK.