

LEADERSHIP AND CAREER COACHING
FOR WOMEN, BY WOMEN

The Girlfriend's Guide to Career Clarity (Workbook)

www.risingtideconsultingllc.com

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***Trust. Authenticity.
Reflection. Gratitude.
Accountability.***

www.risingtideconsultingllc.com
www.instagram.com/rising.tide.consulting
raina@risingtideconsultingllc.com

HI! I'M RAINA.

I'M A CERTIFIED WOMEN-CENTERED LEADERSHIP COACH WITH A BACKGROUND IN INVESTMENT BANKING, CONSULTING, NONPROFITS, AND HIGHER EDUCATION.

I am also a first-generation American who, in my early career, had no idea how to navigate my professional journey. I learned many lessons along the way and continued to impart my knowledge as a leader and instructor in career management. As a career coach, I know how important it is to map out your career trajectory and take actions that get you closer to your goals. So, in this workbook, I share the steps you need to take to gain this clarity no matter where you are in your professional journey.

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Step #1: Let's Get Introspective and Curious

Answering these questions honestly will help you seek understanding of how you want to experience your career. Write down your answers so you can revisit them and reflect over time.

My top 5 values that drive me are...

- 1.
- 2.
- 3.
- 4.
- 5.

My top 5 priorities are...

- 1.
- 2.
- 3.
- 4.
- 5.

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I feel happiest when I...

I feel unhappiest when I...

What I love most about myself is...

Looking back at my career history, I really enjoyed...

I am really good at...

Something I am good at but don't particularly enjoy doing is...

One thing I cannot imagine doing every day for the rest of my life is...

I don't understand why anybody would...

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Now let's look at your future self. Answer the following questions based on how you visualize yourself in the future (it can be 5, 10, or 20 years from now based on your preference).

I am curious to learn more about doing...

Some of the skills I would like to develop include...

Industries that interest me include...

INDUSTRY	THIS INDUSTRY IS INTERESTING BECAUSE...

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Step # 2: Create a Bridge to Your Future Self

The skills I need to hone to achieve my future career include...

The qualifications I need to achieve my future career include...

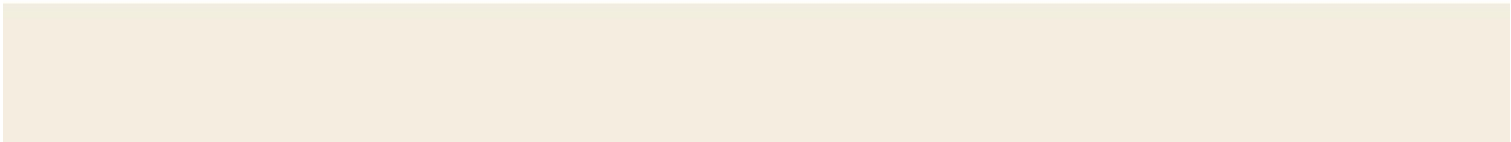
I will attain these skills and qualifications by...

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I will face the following obstacles in my journey to my future self and will overcome these obstacles by doing the following...

FUTURE OBSTACLE	ACTION ITEM TO OVERCOME OBSTACLE

The jobs that will allow me to achieve my goals are...



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Gaining career clarity changed my professional trajectory and my life, and I know it will do the same for you. Whether I was pivoting to a new industry or relaunching my career (after an 11-year hiatus), completing these exercises gave me the road map and confidence I needed to move forward, feel energized, and achieve a fulfilling career.

If you're ready to align your strengths, skills, and values with your career aspirations, I'd love to discuss what's next for you in your professional journey. Please reach out at raina@risingtideconsultingllc.com so we can work together to discuss your action plan and next steps to achieve a fulfilling career.

WHAT CLIENTS ARE SAYING

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Before working with Raina, I felt overwhelmed and paralyzed with self-doubt as a professional, coach, and creative. I desperately needed a strategic partner and coach who could provide me with clear, actionable support that met my needs so that I could evolve into the best version of myself. Working with Raina was truly a godsend; she is deeply committed to her practice, her clients, and her community. In 3 short months, her expertise and tools helped me overcome my hurdles, deliver impactful work that has transformed the community I serve, and renewed my confidence in my ability in my business and professional career. I highly recommend Raina and find her a pleasure to work with! -Cinneah, CEO of Flynced

Her insights and direction are always on target. - L. Woodward, Director

“

Raina asked meaningful questions to call forth my most resilient, powerful self and helped me think about how I could use my strengths to approach my challenges. She comes from a place where there's absolutely no judgment and she has this sense of openness that is comforting and calming. It was clear she really believed in me, and she was right! - Mary Ellen, Professor

Working with Raina was affirming, empowering and inspirational! As a coach, she received me in my entirety, both personally and professionally, to help me feel confident in pathing my next professional steps— without compromise to my personal goals. I once thought that personal and professional progress couldn't happen concurrently but through my work with Raina I feel the complete opposite and am forever grateful for that! - Alex, Dana-Farber

Every woman deserves to feel fulfilled in her career. Let's work together to determine next steps in your professional journey.