

# Career and Life Map

A comprehensive program in personal and professional development.  
Workshop size: Approx. 15 people

The Life Map process takes people on a journey as they explore and evolve the way they do business, build relationships and focus on their own personal well-being.

## How it works

The workshop is designed using a group-coaching platform. The **Life Map** takes your team through a process of mapping out their past, present and future. It's important to understand where they come from, and where they are today, as it influences how they choose to create their future. The program incorporates powerful, facilitated group discussions where they support and learn from one another. Individual exercises are also utilized for vital self-reflection, as well as the **Life Map's** metaphoric language which helps guide them through understanding all 360 degrees of their life. Our work and personal lives are so closely intertwined that it's important to get clear on who you are and who you want to be in all areas of your life.

Your staff will discover how to best listen to their inner **GPS** (intuition) as it guides them towards making important decisions that feel good. They will get clear on what's in their **Roadside Assistance Kit** (skills, gifts and talents), and how to best handle **Backseat Drivers** (tough relationships), so they can show up as their best self at work and in their interpersonal relationships. They will also learn what to do when their **Gaslight** (stress and overwhelm) comes on, and the healthy ways to **Refuel Their Tank**.

*Sharon Stokes*

CERTIFIED LEADERSHIP DEVELOPMENT COACH



## The results

- Confident leaders who are aware and own their skills, gifts and talents. They will also know how to recognize, grow and nurture those traits in others.
- Improved communication skills, which creates a more productive, inclusive and happier work environment.
- Better stress management awareness, which allows for employees to feel more motivated and focused.
- Confident, decisive decision makers.
- Out of the box thinkers, who will learn how to be open and see other perspectives. This allows for better teamwork.

# Career and Life Map Program Outline

The Life Map program can be created as a full 3-day intensive workshop or taught as individual segments depending on the needs of the company and/or individuals.

## DAY 1

**Life Map Timeline:** Participants will be guided through the process of creating a timeline of their career/ life. It's important to understand the moments throughout their journey that have shaped them and what their triggers are.

### **GPS/Hitting a Fork in the Road:**

In this part of the Life Map journey your team will learn how to make better decisions by listening to their inner GPS, aka intuition.

**One-way Streets:** Your staff will discover and let go of limiting beliefs from their past and present that are keeping them small and hindering them from growing in their career and in life.

## DAY 2

**Passengers:** Your team will learn how to recognize and nurture the important relationships in their life. Discover their true support system and the different roles people play.

**Navigators:** Recognize and understand how certain people help guide their way in life. Discover who their mentors are, the best way to nurture those relationships and how to network in an authentic way.

**Backseat Drivers:** Learn how to deal with draining relationships at work and in their life in a healthy way, and ways to stop caring what other people think.

**Rearview Mirror:** Your staff will get clear on how past regrets are keeping them from having the confidence to say YES!

## DAY 3

**Roadside Assistance Kit:** Employees will get clear on their skills, gifts, talents and values. These will help them gain confidence and clarity around their purpose and how they can take their career and relationships to the next level.

**Gaslight:** Your staff will be able to acknowledge when they feel low and are running on empty. They will learn tools and techniques that will help with stress and overwhelm at work and at home.

**Re-fill Your Tank:** Recognize what they need in life to feel well balanced and at their best. Learn how to better prioritize self-care and love.

**Shifting Gears:** They are ready to take the next step in their career and in life, but aren't clear where to start. As they shift gears they will discover their goals and the action steps needed to make them a reality.



*Sharon Stokes*

CERTIFIED LEADERSHIP DEVELOPMENT COACH

647-444-5717

sharon@sharonstokes.ca

www.sharonstokes.ca

