

## Audio 1: My Philosophy Transcript

You know, I'm constantly being asked, "Rosann, how can I get unstuck in my career? How can I move up and still be my authentic self?"



Remember when you first started out everything was new and you were enthusiastic to work in a new place? You were learning everything inside and out; and you wanted to grow within the organization with hopes of climbing the ladder.

Now you put everything into your job but you still don't feel appreciated or properly compensated. You can't even get some funding to attend a conference that will only make you a better employee.

Do you feel like your career is actually on life support?

Well let me introduce you to Group Coaching as a strategy for getting your career back on track. I use it to create a growth-centered environment among a group of colleagues, peers, or professionals facing similar challenges. With group coaching I work with you to determine your strengths and then develop and use them to achieve your goals.

When you're done with group coaching nothing will ever be the same again. You will never have that sense of being stuck and you'll be back on an upward trajectory in no time.

As a Strengths Coach, I believe in achieving success and self-efficacy through positive psychology and positive reinforcement. Too often we view ourselves through a deficit lens. It is much more effective and powerful to view yourself (and others) through a strengths-based lens.

Not only is it more reaffirming, but it allows you to become aware of you're strengths to then develop what you're good at instead of focusing on what you believe you are bad at. Follow me to the next recording to learn more about how group coaching will benefit you.

Press play now. Don't get distracted. Learn more about how to get back on track!

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