

Eight modules

BEGIN WITH BALANCE THEN DIVE DEEPER



**KD Coaching**  
Career | Life

## Module 1. Balanced You

### Review your work/life balance

- Analyse 8-key areas of your life - reveal which areas are giving you the bumpiest ride
- Review your 'to do' list - do they reflect your goals and your values
- Revisit your priorities - work on what's precious, ditch what doesn't serve you

## Module 2. Fit (for purpose) You

### Find the wellbeing regime that fits your needs and goals

- Investigate what you may need 'more or less of' to optimise your wellbeing
- Set wellbeing goals to give you more of what you need
- Mind how you go - calming your inner critic, getting and staying positive

## Module 3. Liberated You

### Shed soul-sucking stuff that's weighing you down

- Weed out whatever you've been "putting up with" that's holding you back and clouding your judgement
- Explore the origins of your obstacles and why you've left them in place until now
- Let some stuff go completely, reframe stuff worth saving

## Module 4. Sustainable You

### Find your perfect pace - slow down or speed up to live a sustainable life you'll love

- Find where you are on a spectrum from 'barely moving to bustingly busy'
- Adjust your pace - do fewer things better, do more things well
- Explore your impact on others

[www.kdcoaching.com.au](http://www.kdcoaching.com.au)



**KD Coaching**  
Career | Life

## Module 5. Valuable You

**Take a long look at what makes you tick and what matters most to you**

- Identify and prioritise your values
- Explore how your values shape what purposeful, fulfilling, enjoyable work looks like for you
- Check the fit between your values and the way you are living your life

## Module 6. Workable You

**Audit and evaluate your skills**

- Identify your **top** skills - separate the skills you love to use from the ones that drain and deplete you
- Identify your **transferable** skills - earmark the ones you can adapt and apply in new roles and sectors
- Boost your **best** strengths - identify your stellar strengths and learn to boss them to your advantage

## Module 7. Future You

**Prepare for 'what comes next' - are you 'job search ready'?**

- Where are you now? where do you want to be?
- What do you need to do differently to get there?
- Who can help? Which resources and documents do you need to prepare?

## Module 8. Marketable You

**Put yourself out there - pitch for work with style and confidence**

- Nail your 'elevator pitch' - the 30-second wow-worthy description of what you do, who you help, and why this matters
- Star on social media platforms, including LinkedIn
- Grow your network and have career conversations, look for people, not jobs

[www.kdcoaching.com.au](http://www.kdcoaching.com.au)