

Figure it out NOW Why wait?

CAROL LOCKE

THIS IS ABOUT YOU

It's a miracle! I have not been able to answer these questions for 32 years and in just 90 days, I figured it out.

-Crystal Barlett

When I first started, I was lost. I had been in the high-paced, high-paid fashion world, and the only thing that I knew for sure was that I needed to be out. Now here I am, only a few months later, in a job that both fulfills me and excites me; each morning a brand new energy motivates me, and I am the happiest I have been in many many years.

-P Cohen, ex-Fashion Executive, now marketing consultant

This showed me how to look past what I've learned to do well and discover who I am at my core; to discover my essence. This kind of self knowledge and awareness has set me on a completely different path in life. I know who I am now and what ignites the passion inside of me and I wont quit reaching for it...I can't!

-Scott Sargent, ex-food industry supply chain manager, now food industry CEO

I never expected that finding a new career would be easy, but was a little surprised that it could be fun. I began to listen to my dreams and realize that many things are possible and that life is too short not to be giving the best that I have. The process has taken me down a path from which there is no turning back and has given me tools to keep moving forward in the direction I need.

-Donna Bradley

Carol graduated from the University of North Carolina at Chapel Hill with a B.S. in Business Administration. She worked in the information technology industry for 25 years before pursuing her passion of coaching full time.

Carol combines her professional world experience, along with lessons she's gleaned from her own coach, to help her clients realize their full potential.

Carol completed her coach education through Healthcare Coaching Institute where she has a certificate in professional coaching and is in the process of becoming a certified coach through ICF, the professional society for coaching. When she's not coaching, Carol enjoys cycling, reading, and spending time with her family. Her husband of 30+ years, John, is the love of her life and her biggest supporter.



Are **YOU** re-evaluating your career?

Are **YOU** ready to explore new horizons?

Are **YOU** needing to do something radically different with your life?

Are **YOU** asking:



The **PROGRAM**

The program has twelve parts that are explored in approximately 90 days. (The number of sessions, length of time for each and duration of the total engagement vary based on your facilitator and your schedule.) Often, clients choose to extend their coaching program after the initial commitment to implement the resulting plan, job search or life changes.

NOW WHAT COACHING Philosophy

Working with people one-on-one since 1991 has brought Laura Berman Fortgang, the author of “NOW WHAT?® 90 Days to a New Life Direction” and founder of NOW WHAT?® Coaching unique insight into what makes people happiest and feel most fulfilled in their work (and life). Often a mystery to the individual, Laura recognized the patterns that reveal the most organic meaningful and satisfying direction for work, career and life. She calls these patterns your Life Blueprint® and the Now What?® program will reveal them to you.

In essence, when you know who you are, what you want becomes clear, a sense of purpose returns and what action to take becomes evident. It doesn't always mean you have to make a radical career change. Sometimes, the changes are subtle but hugely significant. If only they were obvious to ourselves!

With this program, the process of discovery can be very concrete although our ways are not conventional. Accelerated meaning, fulfillment and satisfaction can be available to you now.

NOWWHATCOACHING.COM

Know who you are.
Get what **YOU**
want.

NOW WHAT?

**Nature is always moving
forward into the future,
and as part of nature
we have to do the same.**

–Phil Stutz, MD

In **90 DAYS** you will

- Explore and get answers by working the twelve chapters from “NOW WHAT?®”
- Break down barriers to clarity
- Come to terms with change
- Break through limiting mind sets
- Learn how your past shows you clues to your future direction
- Find a sense of purpose
- Identify new directions and make them a reality
- Determine criteria for happiness in work and life
- Face any money obstacles head on
- Honor your intuition and make sense of it
- Get to know yourself like never before
- Rally support from others in surprising ways
- Develop a strategy and design a plan to accomplish your new direction

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