

Innerfortune

Capture your Brilliance

Career/Transition Coaching



Thinking about a career move or facing “re-engineering” in the workplace? This is one of the most challenging transitions to make. In our best states of mind we have **break through moments** that keep us focused and optimistic and anything that can create these break through moments are important to explore.

The career/transition journal-based coaching process, using the Inner Fortune tool, is one such avenue to explore. While none of us are perfect, when we have something that works well, we share it, learn from others, and together we make the world a better place.

It is amazing what you can discover through these simple, objective steps—both personally and professionally.

And, the first coaching session is free! After an initial session, you will meet with Karen for eight sessions corresponding to the journal areas of adventure, thought, social, livelihood (career/school), dream, body, family and inspiration.

To schedule an appointment, call 413-265-3892

Inner Fortune journaling, developed by Karen Ribeiro in 2007, is used in small group settings, in professional team development, and by Fortune 100 women engineers to harness creative ideas from all areas of life.

This journal-based coaching process is about giving ourselves an internal (inner) tune-up (for-tune) through focused reflection on what we are saying, thinking, and doing. Are we in alignment with our hopes and dreams? Do our relationships need rebalancing? The Inner Fortune tune-up is a time efficient, supportive, and helpful tool for gracefully moving through life’s transitions.

