

# SHIFT AND FLOW

" The bad news is you're falling through the air,  
Nothing to hang on, no parachute,  
The good news is there's no ground."

Chögyam Trungpa

When Everything Collapses And You Are Just About To Quit ...  
When You Feel You Might Have Lost Your Edge ...  
When You Know You Are Meant For More ...

## FIND THE COURAGE TO BOOMERANG AND THRIVE

For career changers and anyone recovering from a career break  
or a career setback, and eager to shift and prosper

## CHOOSE TO THRIVE IN THIS SHIFTING WORLD

Invest in yourself with the professional support and feedbacks  
of an experienced career coach to help you commit yourself,  
stay engaged and achieve your goals



### CELEBRATE WHAT MAKES YOU UNIQUE

Achieve clarity on your purpose, talents, skills and assets



### SET UP YOUR GOALS

Learn to prioritize your action steps and stabilize your momentum



### KISS DOUBT AND FEAR GOODBYE

Strengthen your strengths and embrace your weaknesses with grace



### OPTIMIZE YOUR JOB SEARCH TOOLS

Polish your resume, application letters, LinkedIn, website



### MASTER YOUR JOB INTERVIEWS

With 2 recorded mock interviews



### STAND OUT!

Improve your personal branding and learn to position yourself



TO EMPOWER THE HERO WITHIN  
AND HELP YOU SHINE YOUR INNER GEM

9 COACHING SESSIONS TAILORED TO SUIT YOUR NEEDS

- ☑ 60 minutes each | 4-month-package
- ☑ Time commitment including coaching: 21 hours
- ☑ Available in English and French
- ☑ Regular email communication in-between sessions
- ☑ Personal training resources provided

LET'S MEET AND TALK ABOUT YOUR GOALS

Book Now Your Complimentary Exploratory Coaching:

[calendly.com/unveilyourinnergem](https://calendly.com/unveilyourinnergem)

Or feel free to contact me with any queries or thoughts you may have:

[contact@sandrine-martin.com](mailto:contact@sandrine-martin.com)

