



# MOVE & ELEVATE™

8-week, 1:1 coaching-to-execution for high-achieving mid-career women.

Move from **stuck + unclear** to **strategically clear, visible, and fulfilled** — with a plan you can sustain.

## It's for you if...

- You feel stagnated/under-seen (or there's a ceiling on senior roles where you are).
- You want direction + confidence for your next move (promotion/level-up or strategic pivot).
- You're ready for execution, not just insight.

## What you walk away with

- Career direction + focused action plan
- Career brand + leadership narrative
- Proof bank (evidence of impact for interviews + LinkedIn)
- Conversion-ready LinkedIn + CV + pitch
- Opportunity toolkit + sustainable success rhythm (visibility, boundaries, fulfilment)

## The MOVE & ELEVATE™ Framework

### Clarity → Visibility + Fulfilment



## Quick self-check — you're a fit if...

- You're doing the work, but still feel stuck + unclear, or overlooked.
- You want a credible plan for promotion/level-up, or a strategic pivot.
- You're ready to become visible, confident, and fulfilled—without burnout.

### Complimentary 30-minute Clarity Call

#### [Book Your Clarity Call](#)

Map your next move + confirm whether MOVE & ELEVATE™ is the right fit.