

MY COACHING EXPERIENCE

BY DANIELA MAINARDI

- Over a series of phone calls, I started developing my career goals last year when I met Dr. Helen Williams
- I would summarize my experience with her as “**1-2-3 Magic**”, (like the popular book about parenting!)

This is how it worked for me:

- 1 Look** at yourself and describe what you see, where you are. Let yourself dream and describe where you want to be
- 2 Prepare** a personal inventory about your work and life
- 3 Define** your career/life vision, set goals and the actions to achieve those goals

Magic!



1 – LOOK WHAT YOU SEE, WHERE YOU ARE; DREAM WHERE YOU WANT TO BE

- **This was the most difficult step of all**
- I could describe what I saw, but I did not know where I was, and much less, where I wanted to be
- It was like doing things mechanically for such a long time that I did not care about having goals, but just having things done
- Then, I realized I was going nowhere...
- The most important step for me was to acknowledge that I needed to slow down to make sure I was taking the road I wanted to take

2 – PREPARE PERSONAL INVENTORY

- **This step was easy to me... at first**
- I prepared a list of activities I considered of **greatest worth** in my life, my work
- I prepared a list of activities I am **currently doing that I like** in my life, in my work
- I prepared a list of activities I am **currently doing that I DO NOT like** in my life, in my work...
- Having these lists done was like opening a box of a 1000-piece puzzle of the outer space with no picture showing on the box...
- How do I begin if I want to put it together?

3 – DEFINE CAREER/LIFE VISION, GOALS, AND ACTIONS

- **This step was very challenging**
- Going back to the puzzle analogy, I did what I always do when trying to put together a puzzle:
 - First, I put the pieces with **2** flat edges together because they define and support the entire picture: My **health** and my **Family**
 - Then, I put the pieces with **1** flat edge together because they frame the whole picture: My **work**
- Then, all of the sudden, the rest of the pieces started to make sense, and I could see the overall picture for my career and life.

IN CONCLUSION

- Having participated in this coaching program has opened my eyes and helped me define clear career goals, that I did not know I had
- The program helped me understand that balance is key for reaching healthy career/life goals