

# Welcome

## FREE GUIDE



## PROFILE of **COACH LARA**

- GLOBAL HR PROFESSIONAL
- CAREER & BUSINESS STRATEGIST
- CERTIFIED CAREER COACH
- CERTIFIED LIFE COACH
- CERTIFIED HEALTH COACH
- CERTIFIED COGNITIVE BEHAVIORAL THERAPIST
- EMOTIONAL INTELLIGENCE EXPERT TRAINER
- STRENGTHSCORP WITH GALLUP COACHING INSTITUTE
- DESIGN THINKING EXPERT



“IT IS NEVER TOO LATE TO BE WHAT YOU MIGHT HAVE BEEN.” **GEORGE ELIOT**

SOME COACHING  
TIPS ON HOW TO  
ACCELERATE  
FOR CAREER SUCCESS

# **SOME COACHING TIPS ON HOW TO ACCELERATE FOR CAREER SUCCESS**

This free guide offers some coaching concepts that will help you focus on clear solution - based thinking, increase your innovation and guide you to find the best options to make you accelerate your career to your desired level.

**Before you start, please read the important instructions below;**

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1. You need a quiet place
2. Minimize distractions. If possible switch off phones/tabs
3. Ensure you are comfortable
4. You need a writing pen/pencil to make notes
5. Be open and honest with yourself
6. You might need to think deeply
7. You will need between 10mins to 15mins for this exercise
8. You can use the guide alone or with group of "like-minded" friends
9. This is for your personal use and records. Do not send to anyone.
10. Shut your eyes, relax and take deep breaths for 2 mins before you start!

**LET'S  
START  
NOW.**

# SOME COACHING TIPS ON HOW TO ACCELERATE FOR CAREER SUCCESS

**Activity 1:** Objective is to do a reality check. You will get to do some self reflective thinking on your current state assessment - how to focus on your desired goal NOT on problems.

Review by thinking and reflecting on the current state of your career  
Write down your present state in the box – by answering the questions below;  
Are you happy with your current state - profession/job

Are you satisfied with your job/state?

What is your level of experience & skills?

What is your current role/position?

Are you employed or unemployed?

What challenges are you facing?



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**Activity 2:** Objective is to get you to create a clear picture on your career goals, aspirations and dreams.

## Question 2:

Write your desired career aspirations, envisioning what you want to be with respect to your career.

- Where do you see yourself?
- What were you doing?
- How did that mental picture make you feel?
- Did it give you joy & happiness? What was your location?
- What was your profession?



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**Activity 3:** Objective is to do a gap analysis checklist.  
To find the missing link or obstacles blocking you from achieving the notes you wrote in activity 2.

## Question 3:

What skills do I lack currently that is required for me to achieve activity 2?

- What knowledge do I lack?
- What networks do I need to progress from undesired state of activity 1?
- What actions do I need to take?
- What experience do I need to get?
- What can I do differently to change my results?



# ***SOME COACHING TIPS ON HOW TO ACCELERATE FOR CAREER SUCCESS***

I believe you have been able to discover new paths to your desired future?

This is just the beginning of a coaching journey that can transform your career forever and I hope you enjoyed it. Kindly join my online 4-week coaching session to accelerate your career and complete your journey into transforming your career.....



Now to my 4 week online coaching sessions and get practical steps on;

- How to discover yourself and get career clarity
- How to ace your interviews
- How to sell your talents and skills
- Strategies to accelerate your career
- Direct contact with me
- It is an integration of online and offline learning models that will give you great results and so much more.....



## Testimonials



● **IBIGBAMI LYDIA** <lydiaebun@gmail.com>

To: Omolara Omotola

Hello ma,  
Thank you so much for your time and effort, despite your busy schedule.

I really appreciate the self assessment session I had with you.

1. It helped me gain more clarity about my personality.
2. It made me realize my weaknesses and the need to work on them.
3. Got a list of other career path I can explore aside HR.

The self assessment was a great one for me.



**PATIENCE OBIOFIONG'S TESTIMONY:** Prior to Coach Lara's coaching, I was a lost, confused, young lady who didn't know which career traits and many to go for. The coaching has made me realize my leadership other career opportunities. I am currently utilizing to my advantage. As you can see, even telling from my looks, I am all smiles. I am grateful to you and may your efforts bring you numerous rewards and satisfaction. I appreciate you Coach Lara.  
All the love MA.



I bless the day I met Coach Lara, she has been an inspiration to me. Been under her coaching classes has shone light on my career path and her words of knowledge are indispensable. You are highly esteemed. **Esther**



**SEYI OGUNROMBI'S TESTIMONY:** I am very grateful to Coach Lara for being a great instrument in helping me to discover my career strengths. I didn't realize I could do some careers before her coaching and I have been able to have diversity in career choices based on my personality profile. I have also learnt to have a focus and vision even in this diversity. I appreciate your efforts greatly and we need more of you in our society.