

Helping Professionals Advance Their Careers, Change Their Careers  
and Be Happier and Wildly Successful In Their Careers.



# Coaching & Consulting LLC

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## Current Training Menu

**Six Secrets to Career Happiness:** When your team members are “Career Happy” they are engaged, productive and motivated. Give the gift of “Career Happiness” to your team with this guide to cultivating a career purpose, a confident presence and the pursuit of career happiness. *One hour highlight program or three-hour program with additional option of a targeted coaching package.*

**Career-Boosting Conference Strategies:** A conference provides a unique and engaging forum for connecting with others, capturing learning moments and cultivating career-boosting opportunities. In this 45-minute program, you’ll discover tips for effectively and authentically deploying strategies to make the most of your conference experience. *Approximately one hour and specifically designed to help conference goers gain the most from their conference experience.*

**Customer Experience and Your Career:** It’s no surprise that customer service directly relates to an organization’s bottom line. But did you know that it also impacts your career? Building a reputation for high impact customer experience, both internally and externally, will not only boost your career but reduces conflict, improve your health and well-being and increase your chances for career elevation. If you’re interested in exploring what high-impact customer experience is and what it can do for your career, then this program is designed for you. *Three hours with additional option of a targeted coaching package.*

**Goal Crushing Productivity:** If you want to increase productivity, then this program is designed for you and your team. Explore success strategies for realizing goals, prioritizing objectives, organizing your day and eliminating time wasters. Ignite motivation and achieve big goals with proven strategies for goal crushing productivity. *Two hour highlight program.*

**Leadership: Your Team Will Follow:** What are the hallmarks of a great leader? To begin, a great leader is one who understands the importance of capitalizing on the strengths of their team. They also know the importance of creating a healthy and positive environment by fostering clear and open lines of communication. Finally, great leaders rally their team to align their personal and professional visions with overall department and organizational goals. In this interactive workshop, you’ll discover what makes you a great leader and where your growth opportunities are; how conducting a SWOT analysis of your department or organization is imperative for goal attainment; ways to empower your team, help them realize their potential and foster great working relationships; and finally, that the admission of weaknesses doesn’t equate to failure but rather

provides a platform for modeling professional growth and empowerment. *Three hours with additional option of a targeted coaching package.*

**Position Yourself for Career Advancement:** Even though you excel at your job there’s always room for improvement. And whether you want to advance your career now or later, if you start implementing success strategies today it will greatly increase your chance for professional success tomorrow. A new role, a new team, new leadership or even a new organization comes with an entirely new set of expectations. Be ready. This program highlights the six steps you can start today to position yourself for career advancement and long-term professional success. *One hour highlight program and ideal interactive keynote program for conferences.*

**Power Tools For Building a Stronger Team:** When communication decreases and conflict increases, it may be time for a team-building tune-up. In this workshop we’ll explore leadership styles and discuss strategies that you, as team leaders or leaders of your own career, can personally use to manage conflict and enhance positive communication and collaboration in the workplace. As a team, we’ll develop communication statements that will help foster clearer dialogue and promote understanding. Additionally, we’ll design team goals, create personal development planning career goals and explore 6 Power Tools that help build stronger teams and produce a more collaborative and constructive workplace. *Three hours with additional option of a targeted coaching package.*

**Turning Your Inner Critic Into Your Career Champion:** If your inner critic provokes self-defeating questions, it can wreak havoc on your career. But if managed correctly, this inner “voice” can ultimately drive positive change. Acknowledging why and where we get stuck and developing ways to initiate positive change will elevate our career confidence. In this workshop, we’ll explore how to expose the inner critic’s fraudulent behavior and reframe this voice to boost confidence, motivation and professional success. *Three hours with additional option of a targeted coaching package.*

**Inner Critic 2.0 Leadership Confidence:** Building on the first workshop, Turning Your Inner Critic Into a Career Champion, Inner Critic 2.0 reviews the source of the inner critic and looks at how it can be the root of blame and career stagnation. But when managed correctly, the inner critic can be a champion that helps us to embrace and celebrate our personal distinctions; understand and overcome our source of fear; and drive our personal power and career success. *Three hours with additional option of a targeted coaching package.*