

Instead of saying . . .

Try . . .

I don't know what to do next.

I'm doing the work to figure out what's next for me.

I hate my job.

Parts of my current job are no longer a fit, and I'm working on changing that.

I'm exhausted.

It's time for me to do what I need to do to get some rest, and I'd like your help with that. (see chapter 7, "Ask for What You Need").

I don't know what to say.

All I can do is be honest and do my best. I'll figure out the rest from there.

I'm worried about the future.

I'm focused on what I can control right now.

I'm stuck.

I can decide on the next small action, and trust that each action moves me forward.

I can't decide what to do next.

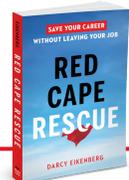
There's no wrong decision, so let me make one and learn from that.

I've got so much to do.

Everything that's important will eventually get done.

I'm scared.

I've made scary changes before, and I've survived. I'll get through this.



MORE ABOUT ME, DARCY EIKENBERG, PCC

Leadership & Career Coach | Speaker | Author



WHAT I DO

Today's leaders & high performing professionals are experiencing more change than ever before. Those changes are overwhelming, complex, and move fast.

So I teach fresh, practical strategies you can use every day to manage through change easier and make better, more confident decisions with less stress, in less time.

As a professionally trained coach with a strong sense of ethics, I'm also a confidential sounding board to help you map out next steps in safe, non-judgmental ways.

My clients feel—and become—more successful in their work (and actually, in their lives outside of work, too.)

WHO I HELP

WITH OVER A DECADE'S EXPERIENCE, I WORK WITH LEADERS & HIGH-PERFORMING PROFESSIONALS IN SITUATIONS LIKE THESE:

- Wrestling through major change, whether positive (such as business growth or promotion), or negative (such as job loss or personal stress).
- Newly promoted, or hired & needing to get productive fast.
- Experienced in their technical subject but needing to grow business acumen, communication or people skills.
- In a team that must work better together to achieve a business result or goal.
- Weighing their next career decision (whether inside or outside their existing organization) and asking "what's next for me."

WHERE I SPEAK, FACILITATE, TEACH

- Leader, employee, board or team development webinars and events.
- Customer & client appreciation webinars and events.
- Department or affinity group professional development meetings.
- Within technical or company-specific training as an energy booster.
- Professional & trade association meetings, workshops & conferences.
- On webinars & teleseminars for companies and professional groups.

