

# Career Coaching for Optimal Success

## A Long-Term Process

**Success with a career is a long-term project. The workplace is a very complex, challenging, and demanding place. People push for space, promotion, and progress.** Highly competent people take the top positions, and there is always a risk of falling behind in the career progress process. The individual in the career can't always see all the opportunities and blind spots they need to navigate to optimize their success. **Career Coaching is a structured process facilitated by a career coach who must use a very well-designed, scientific, and structured system to help any individual optimize their career success.**

### Shadowmatch Career Coaching

Shadowmatch is an intelligent system that uses a person's habits to optimally build their career through a coaching process known as Habits Reconstruction Coaching. The process guides the person to relentlessly work towards career progress: to keep learning, seeking optimal development and learning opportunities, and continuously finding the optimal moment to move forward in a respected, honest, and hard-working manner.

### The Process

Clients complete the Shadowmatch worksheet and get their Personal Feedback Report and Career Report. The Shadowmatch system then guides the coach and the client to follow a unique career development process. Each client follows their own unique career progression path.

## Mind, Meet and Move

The practical process is an adventure. The system makes it fun with challenges and targets, practical exercises, and critical stages of development. The Mind Phase is a set of guidelines from the system that the client must work through, think about, and prepare to have a well-informed discussion with the coach. The Meet Phase is the actual work session with the coach. It is an in-depth discussion with the coach to ensure clarity and focused action. This is followed by the Move Phase. A series of actions from the Meet Phase must be agreed upon, and the client must then take some time to implement these actions. The coach keeps contact; and meetings, for support and guidance between each phase, are recommended to ensure a successful career progress phase.

## Don't be trapped

When people do not make progress with their careers, they tend to either give up, blame the system, or find some reason behind the scenes for their lack of progress. There might be substance to these arguments in a very small percentage of cases - but this is very few and far between. They don't take a critical look at their own effort, hard work, and dedication. This is an opportunity to not fall behind and become trapped in all kinds of excuses. This is an opportunity to show your dedication to personal success. Sign up today.