



Creating Healthy Careers

ELEVATE ME CAREER PROGRAM

*Align your career with
your passion so you are
living a life of purpose
and achieving success in a
sustainable way*



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WELCOME TO YOUR CAREER BREAKTHROUGH EXPERIENCE

Your Success is Proportionate to Your Self Development

CAREER WELLBEING: BE IN THE DRIVER'S SEAT OF YOUR CAREER

The Elevate Me Experience is a three-month highly targeted and specialised career wellbeing coaching experience.

Prepare to be challenged, pushed and driven inward, to reconnect with your truth, get clear on your values, recognise with utter certainty what's getting in your way, unveil your life purpose, and transform the way you deliver in your life for maximum impact.

YOUR BREAKTHROUGH OUTCOMES

At the end of this program, you will be clear about what you need to do, whether that's to turn your existing job into a purpose-driven career and excel or completely change direction. Either way, you will become more congruent with your purpose, your career, and your life and you'll know exactly what you need to do to achieve the outcomes you desire, with heart.

- Be inspired and be inspiring: people will be drawn to you and will want to work with you.
- Recognise your blind spots and break any patterns from the past.
- Become aware of the limiting beliefs holding you back and hindering your pure potential.
- Master your emotional intelligence: be more resilient and confident to be paid for being you.
- Unlock your wellness blueprint: master holistic wellness in all areas of your life, live with joy and in synergy.
- Reprogram your mindset and transform your communication style so you can truly manifest your career and life goals.
- Triple your energy levels, become clear-minded and master your visionary thinking.





CHANGE YOUR FUTURE

It's time to breakthrough and redefine who leads you

THE CAREER BREAKTHROUGH EXPERIENCE IS FOR YOU IF...

- You are at a crossroads in your career, not fulfilled where you are but not sure what's next or how to get there.
- You've lost your drive or 'career mojo'.
- You feel unappreciated and not valued. The demands placed on you are weighing you down, and no matter how much time and energy you throw at your job, you feel like you're on a treadmill and not getting where you want to go.
- You want to break the patterns from the past so that history doesn't repeat itself.
- You've lost your way. You once loved your job, it gave you a sense of purpose and definition, but now you feel disconnected from it as though it doesn't fit who you are anymore.
- You're no longer satisfied with playing a role, disconnecting from who you really are and what you love in real life. You want to be congruent with who you are and the job you do.
- You simply want better performance and to know wholeheartedly you're doing a really good job and achieve better-than-expected results.

COMMON MISTAKES PEOPLE MAKE:

- You blame your boss, the company culture, the economy and therefore don't have any control.
- Tunnel vision: unable to switch perspectives or expand your view to see our everything is linked.
- Recognising the part you play: your external world represents your internal world.
- Not seeing or working on your blind spots (everyone has them).
- Putting your focus in the wrong direction.
- Thinking you know all there is to know.
- Believing if you need a coach you're weak or incapable.
- Switching off who you really are and thinking you need to be a certain way at work.

These kind of beliefs only serve to keep people stuck, safe and comfortable. In order to make significant, meaningful shifts and giant leaps in life, you must challenge old beliefs and redefine who leads you.

You must breakthrough.



DON'T JUST SURVIVE, THRIVE

Achieve sustainable success while optimising your wellbeing

CAREER WELLBEING

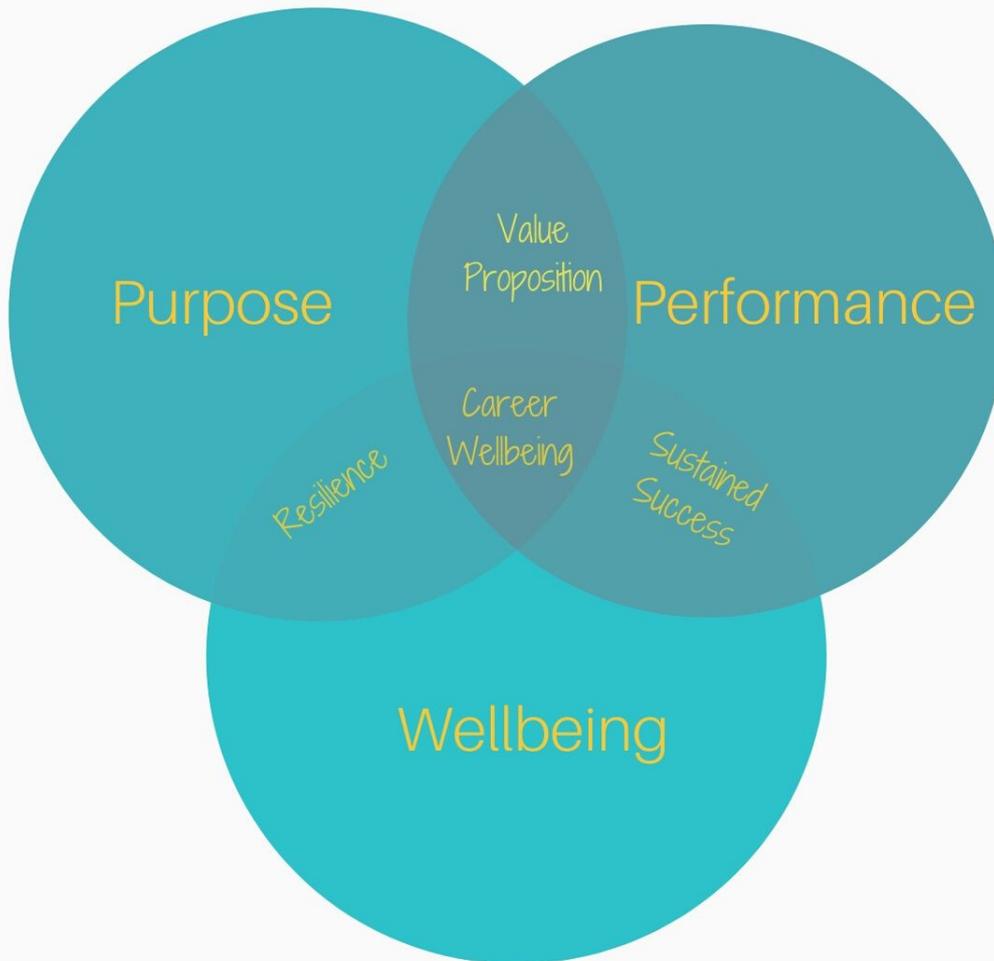
ELEVATING PERFORMANCE - OPTIMISING WELLBEING

Purpose

Values: Career alignment
Value Proposition: Where do you add value
Inspiration: Clarity & connection with purpose & your path

Performance

Blind Spots: What's getting in your way
Impact: Elevate your performance
EQ: Understanding & managing emotions



Wellbeing

Mental Resilience: Achieving success in a sustainable way
Energy: How to optimise your most valuable resource
Clarity: Eliminating brain fog to think clearly



THE ELEVATE ME EXPERIENCE

What's Included

PROGRAM DELIVERY

STEP ONE - DISCOVER

- You will arrange your discovery session which is 60-90 minutes where I take a detailed client brief and identify patterns that need to be resolved.

STEP TWO - CAREER CLARITY

- Receive your values assessment
- Undertake a career audit to see if your career is in line with your top values & purpose
- Discover your value proposition, so you add value and feel valued
- Create your dream job description

STEP THREE - YOUR CAREER DNA

- Deconstruct your career DNA and discover your success blueprint
- Identify and clear your limiting beliefs
- Break patterns from the past
- Build new beliefs and reframe your thinking to create a new future
- Create the 'future you' as your own mentor

STEP FOUR - CAREER STRATEGIES

- The 5 jobs search strategies to proactively find your job
- Bringing it all together in a compelling application letter and CV
- Interview preparation so you ooze confidence and have all the answers before you walk in the door

STEP FIVE - WELLBEING CHECK

- How to build mental and physical resilience
- Wellbeing review and goal setting
- Check your PERMA (positive psychology)
- Building boundaries to preserve your energy
- Let's detox your career

STEP SIX - BE EMPOWERED

- Developing Emotional Intelligence
- Learn how to balance and manage your emotions
- Transform your communication style so that you are heard and can connect authentically





WORKING WITH RUTH MORGAN

"The only person you're destined to become is the person you decide to be." - Emerson

AN EXTERNAL SOUNDING BOARD TO REASSURE ME I WAS ON TRACK...

"I engaged Ruth's Coaching Services to help set me up for success in my new role. I'd strategically positioned myself in a more senior role, and wanted an external sounding board to check my thinking in the early stages, and to ensure I was on the right track. I knew the first 6 months would be critical to establish relationships and get some runs on the board. I wanted to give myself every opportunity to kick goals in my new role. What I found valuable was Ruth's ability to help me get a clear perspective and have the confidence to step up into that slightly more senior role and to contribute strategically. Ruth helped me overcome any mindset obstacles that cropped up while I was feeling a little out of my comfort zone."

- Martin Pfitzner, Chief Financial Officer, Emmett

I WAS DISENGAGED AND UNSURE ABOUT MY FUTURE...

"I wasn't clear about my professional ambitions or what the future held for me. I didn't know what direction to take. I engaged Ruth because I wanted to be proactive about my next steps and needed expert guidance. Ruth went through a series of exercises that drew out my core values, defined what I truly enjoyed in life and what stimulated and motivated me. Her unique process opened my eyes and helped me define what I wanted to do with my career in the short, medium and long term. I had a clear plan. Since working with Ruth I successfully applied for a position that is in complete alignment with my interests and value proposition. Ruth's guidance during my application and interview process, enabled me to clearly communicate my values and articulate how those values aligned with the company who now employ me."

- Simon Grenfell, Executive Officer, Fleurieu Regional Waste Authority

A CAREER PATH BY DESIGN...

"Ruth is thorough, genuine, and a wealth of useful information. We worked through my passions, goals and values to narrow down a career path by design verses necessity. Ruth facilitated targeted discussions, which evoked my self-worth and inner-fulfilment, and at the same time knew when to ask the tough questions to really draw out my truth, and uncover my negative patterns, no matter what it took. I now only apply for positions that are congruent with my values while balanced by my strengths, and I do it with absolute confidence. Ruth's knowledge and experience within the recruitment industry, along with her undeniable talent in providing a holistic, individualised approach to "Creating a healthy career", has made it an extremely valuable experience. I thoroughly enjoyed my time working with Ruth and without a doubt, I recommend her, with the utmost confidence that she will effectively assist anyone to align their profession with passion and create a life with Purpose."

- Mel Joy, Sales Consultant, Lightsview Estate





TAKE THE ULTIMATE STAND

Your natural and rightful state of being is one of joy, harmony and abundance. Don't settle for anything less.

INVEST IN YOU

Initial Discovery Session (valued at \$500)

6 personal, one-on-one executive coaching sessions (total value \$2,100)

unlimited phone and email support for 3 months

tasking activities to keep you on track and capture your thought processes

access to various coaching tools

resume review

TOTAL PROGRAM VALUE OVER \$3,000

**** ENQUIRE TO SEE IF THIS PROGRAM IS A FIT FOR YOU AND
IF YOU ARE A FIT FOR THIS PROGRAM ****





LIFE AFTER YOUR BREAKTHROUGH

"The best way to predict your future is to create it." - Lincoln

HOW WILL YOUR LIFE LOOK ONCE YOU BREAK THROUGH?

You will truly know who you are.

You will be clear on your values and purpose.

Your decisions will be in complete congruence with your purpose and values.

All areas of your life will come into balance.

You will have a deeper respect and be more connected to your body, mind and heart.

You will be clear-headed, focused and effectively productive.

You'll know exactly what to do under pressure.

You will be more effective, productive and successful at work.

People will listen to you and be inspired.

Your life will inspire you.

You'll be more connected to your truth, your family, your friends and colleagues.

You'll feel truly successful in all areas of your life.





MEET RUTH MORGAN

Ruth is a Career Wellbeing Specialist, a certified Neurolinguistic Programming Practitioner, Master Neurolimbic Conditioning Coach, a qualified Wellness and Lifestyle Coach, and Time Line Therapy Practitioner. She holds a Bachelor Degree in Business. She has over 25 years experience in recruitment and career transition, and has supported thousands of people through all phases of their career span, using a combination of unique facilitation strategies, specifically designed to maximise performance, and actualise career joy.

"A career should add to your life, not detract from it. I believe that aligning career with passion and purpose is an essential component of a successful and wholly fulfilling life."

Ruth challenges her clients to take an honest look at what's working and what's not so they have an inner wake up call before they have a full blown, damage-control wake up call. The process can be challenging at times, but it's extremely empowering. Ruth draws out patterns and blind spots that prevent or hinder people from reaching their full potential.

Her mission is to show people how to push beyond their limits in a sustainable and transformative way, to have clarity of thought and maintain a natural edge, to elevate performance, and ultimately to inspire joy and zest for life.

This program is only for those who are ready to take action.

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