

josie*

Coaching Menu

Setting an Intentional Vision for Working Parenthood

With so many roles – caregiver, to partner, to leader at work - it can be easy to get caught up in a cycle of reactive living without something to anchor us. Craft an empowering vision to serve as your north star as a working parent.

Communicating with Confidence

Whether it's asking for a promotion, having a tough conversation with your partner, or navigating a tricky circumstance with a direct report, this session will help you prepare for upcoming discussions through dynamic role play with a Josie coach.

Leadership at Home & Work: Josie's P.A.R.E.N.T. Framework

Working parenthood is often framed as a challenge – when in fact, it's a major strategic advantage. Learn 6 key leadership skills that working parents bring to the table and how to start immediately applying them at work and at home.

Free Mind Share with Meal Planning

Develop a one-month dinner plan that considers your schedule and goals for you and your family. Let meal planning consume minimal headspace as you juggle competing demands.

Self-Care as Strategic Advantage

So often caregivers view self-care as selfish - but it's a necessary component to our own strategic playbook for success. Craft a self-care routine with easy-to-adopt ideas to fit your life as a professional and parent.

Time Management for Busy Parents

Transform both your relationship with time and how you manage your time with tried and true strategies sourced from Josie's research and work with so many other working parents.

Boundary Setting: Josie's G.E.T. C.A.L.M. Framework

Learn to let go of your people-pleasing tendencies and set boundaries to prioritize what's most important to you. Doing so will fend off the feelings of disappointment and resentment that so often define life transitions and identity shifts.

Confidence from the Closet

Whether working from home, an office, or on the road, the way we dress can greatly impact how we feel about ourselves. Refreshing your wardrobe in this current phase can build your confidence as you navigate working parenthood.

Defining My Childcare Strategy

Design a reliable plan that fits your family's lifestyle so childcare isn't a constant source of stress. We'll help you navigate to the right option(s) and make sure it is setup to work optimally for you.

Open Coaching

Take the lead and meet with a Josie Transition, Mental Health, or Career Coach on a topic of your choice. All coaches will ensure your session is grounded by your values and goals.

