



**Be Unprecedented**

Resilience Coaching for Women

***You're Not Lost —  
You're in  
Transition: 5 Moves  
After Career  
Disruption***

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**Welcome to a very specific moment in your life – the space after disruption.**

Losing a job doesn't just change your schedule or your income. It disrupts identity, confidence, and the story you've been telling yourself about what comes next. Here's what matters most: **this phase is not a failure, and it's not something to rush through.** It's a transition – and how you navigate it will shape everything that follows.

This guide is built around a skill most women were never taught but desperately need after disruption: **resilience that creates forward momentum.** I call this *Post-Disruption Resilience* – the ability to stabilize yourself emotionally, reclaim agency, and make intentional decisions when the old plan is gone and the new one isn't clear yet.

Inside, I'll introduce you to my **E.V.A. Method – Evaluate, Validate, Activate** – a practical framework designed to help you regain direction and confidence without forcing clarity before you're ready.

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## What Often Surfaces After Disruption



### **Identity Disruption**

Your career has likely been a central part of how you see yourself. When it ends unexpectedly, it can feel disorienting – like a piece of your identity has been pulled away without warning.

### **Confidence Erosion**

Questions such as “Was I still valuable?” or “Did I miss my moment?” often surface after disruption. This isn't weakness – it's what happens when certainty disappears before self-trust has a chance to re-anchor.

### **Future and Financial Uncertainty**

Concerns about income, long-term security, industry shifts, and competing in a changing workforce can feel heavy all at once. When everything is in motion, the nervous system looks for stability.

### **Loss of Professional Rhythm**

Without the structure, feedback, and daily interactions work once provided, it's common to feel disconnected or unmoored. This isn't isolation – it's a temporary loss of professional context.

# Re-Anchoring After Disruption

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## 1. Reconnect to What Matters



The first step in regaining control is to **see clearly the life you desire**. Picture your future without the constraints of past roles. What does freedom, joy, and success look like to you? This visualization forms the foundation upon which we build your next chapter.

**Actionable Step:** Write down your vision for each area of life—career, personal growth, relationships, financial freedom. Lead with your heart and be outrageous in your thinking.

**Not a writer?** Record yourself using any recording device, like your mobile phone. Listening to your dreams, in your voice, is a powerful reminder of who you are and who you want to be.

## 2. Take Stock of Where You Are



**Take inventory of the skills you've honed over years** of professional experience. Which skills are transferable? Which ones have the power to set you apart?

This evaluation isn't just about what you can do, but what you love to do. Align your abilities with your passions to create an impactful, fulfilling career path.

**Actionable Step:** Conduct a SWOT analysis (Strengths, Weaknesses, Opportunities, Threats) on your current situation.

## 3. Start Making Intentional Choices

**Every decision you make should affirm your values and aspirations.** This validation process involves assessing your options and ensuring they align with your envisioned life. It's about choosing paths that resonate with your true self, helping you to stand firm in your resolve and confidently step forward.

**Actionable Step:** List decisions you can make today that align with your vision. Refer back to Step 1 to remind yourself of where you want to be in the near future.



## 4. Create Forward Momentum

**Adaptability is key to thriving.** When life demands change, you must respond with agility and determination. Identify practical strategies that can bridge gaps and create opportunities. Whether it's learning new skills, networking, or exploring emerging industries, adaptability keeps you moving forward.

**Actionable Step:** Jot down a few simple tasks you can do today or this week to start moving forward. Set small, achievable goals for yourself to build confidence and momentum.

## 5. Don't Do This Alone

**Create a roadmap** detailing the steps necessary to achieve your goals.

**Actionable Step:** Set SMART goals—Specific, Measurable, Achievable, Relevant, and Time-bound—to guide your journey. Progress is the result of consistent action and focused intent.

Take advantage of the free time you've been given for self-exploration, learning, and seeking options.

# What Post-Disruption Resilience Really Is

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Post-disruption resilience isn't about staying positive or "bouncing back."

It's the ability to steady yourself when life changes unexpectedly — and to move forward with clarity and confidence even when the path isn't obvious yet.

After job loss or a major career disruption, most women don't need motivation. They need a way to process what's happened, regain a sense of agency, and make intentional decisions without rushing or second-guessing themselves.

Post-disruption resilience is a skill. And like any skill, it can be strengthened.

Through simple, repeatable actions, you can rebuild trust in yourself, reconnect to what matters, and create forward momentum — even while uncertainty still exists.

This is the work the E.V.A. Method — Evaluate. Validate. Activate. — is designed to support. Not fixing you. Not forcing answers.

Helping you navigate change with steadiness, self-respect, and direction.

# You Don't Have to Navigate This Alone

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If what you've read here resonates, it's likely because you're not looking for a quick fix – you're looking for direction.

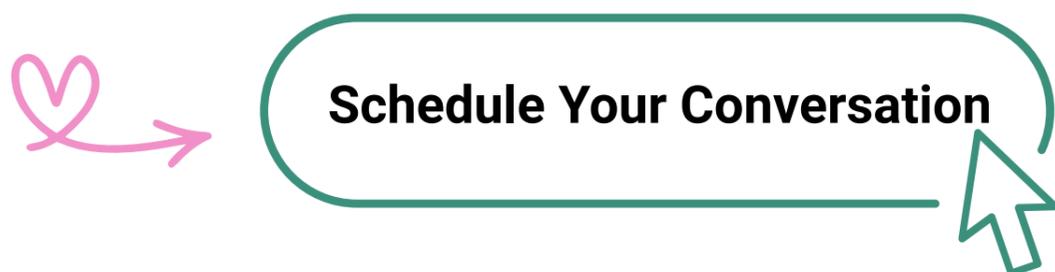
Post-disruption resilience isn't built overnight, and it doesn't come from pushing harder or figuring everything out on your own. It comes from having the right framework, steady support, and space to make intentional decisions at your own pace.

This is the work I do with women inside the Resilience Reset – a guided, four-week experience designed to help you rebuild confidence, restore agency, and move forward with clarity after disruption.

If you're ready to explore what support could look like for you, I invite you to start with a conversation. No pressure. No rushing. Just a chance to talk through where you are and what would help most right now.

## Book a complimentary Resilience Conversation

A private, no-obligation session to explore your next best step.



**Evaluate, Validate, Activate**

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# A Note From Eva

I know what it's like to have your sense of direction disrupted before you're ready.

More than once in my career, I've experienced unexpected change that forced me to pause, reassess, and rebuild – not just professionally, but personally.

What surprised me most wasn't the disruption itself, but how quickly confidence and identity can wobble when the plan you've been living by suddenly disappears.

Alongside my lived experience, I've spent years working in organizational change management, helping leaders and teams navigate high-stakes transitions. Again and again, I saw the same pattern: change is rarely the hardest part – it's what happens after change, when clarity hasn't arrived yet, that determines whether people move forward or stay stalled.

That's why I do this work now.

I help women navigate disruption with steadiness, self-trust, and intention – not by pushing through, but by strengthening resilience as a practical skill. The E.V.A. Method – Evaluate. Validate. Activate. was born from this belief: that with the right support and framework, it's possible to regain agency, rebuild confidence, and take meaningful action without losing yourself in the process.

If you're in a season of transition, I'm really glad you're here. And if you decide you'd like support, I'd be honored to walk alongside you.

Let's do it! Let's Be Unprecedented, together.

– Eva

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