

# Thriving Career Accelerator Method™

The step-by-step roadmap for how career-driven women cultivate a healthy lifestyle and achieve sustainable work-life balance, all while accelerating their professional success.

## PILLAR 1

### CAREER ADVANCEMENT



#### 1. Impossible Goal Method

Overcome self-limiting beliefs through actionable strategies to achieve your biggest goals.



#### 2. Leadership Accelerator

Develop the confidence, leadership presence and skills needed to advance to higher-level positions.



#### 3. Strategic Career Mapping

Set clear achievable career goals and create a strategic roadmap to ensure professional growth.

## PILLAR 2

### HEALTHY LIFESTYLE



#### 4. Fuel Your Mind & Body

Nourish your mind and body with primary + secondary food, and intermittent fasting.



#### 5. Energizing Activities

Incorporate movement and find enjoyable workouts to foster a healthy lifestyle.



#### 6. Bust Burnout

Stress management tools to enhance productivity and avoid high-pressure burnout.



#### 7. Time Management Mastery

Discover time management techniques to stay productive & maintain a healthy work-life balance.



#### 8. Work-Life Harmony

Harmonize personal and professional responsibilities to create a more fulfilling work-life dynamic.



#### 9. Finding Calm in Chaos

Create a personalized self-care plan to prioritize yourself, manage stress, and enhance overall well-being.