



Tabula Rasa

COACHING

Question the un-questionable

Tabula Rasa Executive Coaching

Presented by Energy Wellness Partners

Personal

Spiritual

Professional

It All Begins With You

WHERE EVER YOU THINK YOU NEED TO GO,
WHAT EVER CHANGE YOU THINK YOU NEED TO MAKE,
YOUR ANSWERS ARE INSIDE OF YOU.

Embracing Resourcefulness for Freedom and Possibility



Executive COACHING



Leaders know that in order to lead others, they first must stand on a firm foundation. It is not enough to know just about business. Leaders must understand people, systems, and most of all, leaders must understand themselves.

Our world has become very complex. Leaders must understand and navigate the complexity in which they find themselves. This requires the skills of change and adaptability. Creating the space for change, technical and adaptive within leaders and within their teams is what we do at **Tabula Rasa Coaching**.



Organizational COACHING



Organizations have personalities and cultures just like people. They function as a system. The management team at the top hardwires the organization. They send the messages that ignite the people below. They create the strategies that will propel the organization to move backward or forward.

At Tabula Rasa Coaching, we ask the questions that help create that message through deep understanding of the challenges facing organizations. We then assist in the development of innovative strategies to achieve the goals the management team is striving to reach. Creating space for change by using technical and adaptive methodologies is what we do.



Personal COACHING







When we were children we knew exactly what we wanted. As we grew older life became about more about what we had to do and less about what we wanted to do. As years roll by, we can lose more and more of ourselves. Personal coaching is a form of excavation where we go to find you. We find the authentic you. The you that knows what you want and how to the make choices that will get you there. If you are feeling lost or are having a difficult time making an important decision, personal coaching is an empowering way to take a look at you and what you really want.

aspirations
social abilities
PERSONAL
DEVELOPMENT
knowledge
health
quality of life
family
improvements
potential
improving
talents
human capital
awareness
practice
skill
strength
research



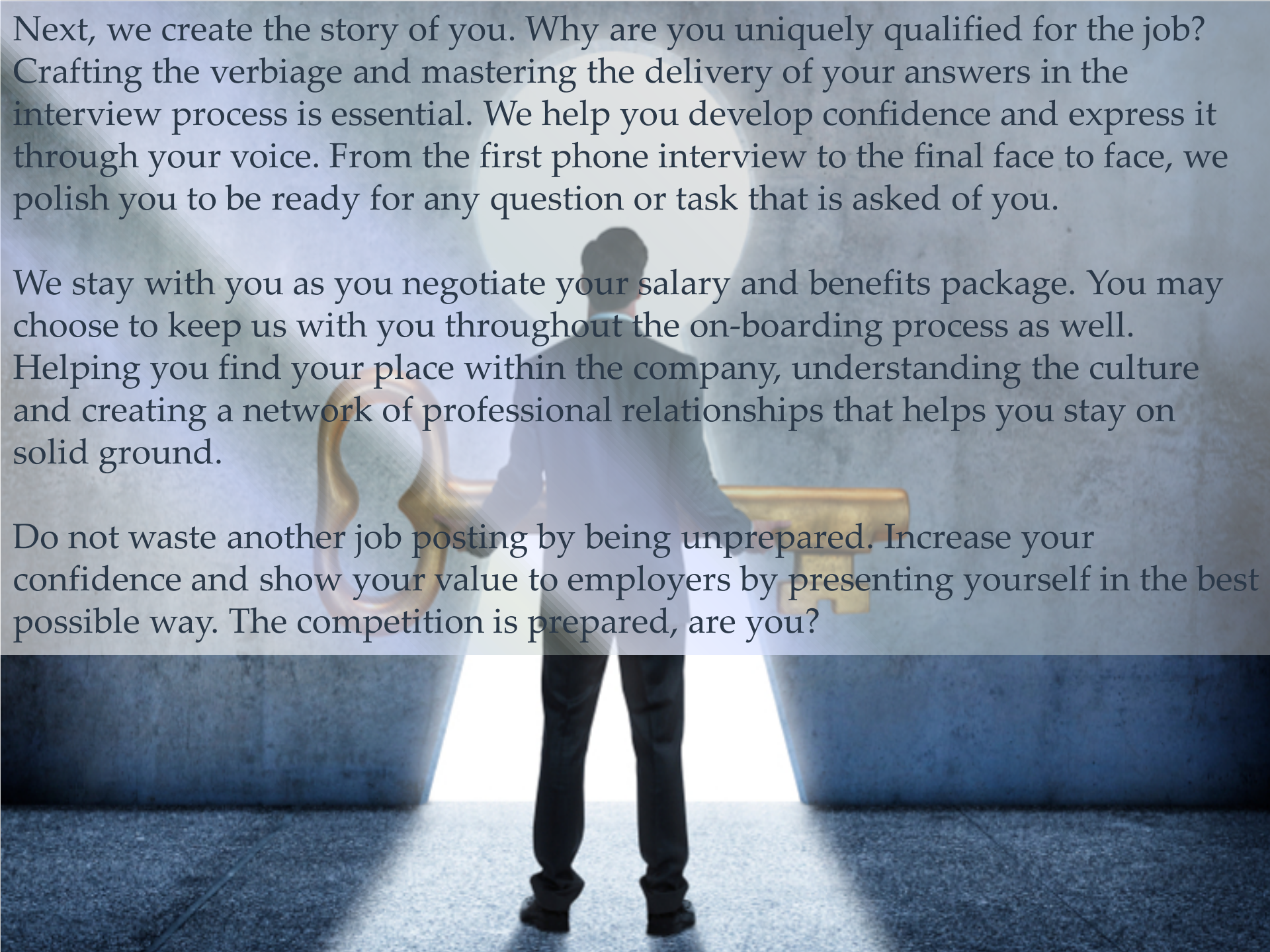
Career COACHING



Next, we create the story of you. Why are you uniquely qualified for the job? Crafting the verbiage and mastering the delivery of your answers in the interview process is essential. We help you develop confidence and express it through your voice. From the first phone interview to the final face to face, we polish you to be ready for any question or task that is asked of you.

We stay with you as you negotiate your salary and benefits package. You may choose to keep us with you throughout the on-boarding process as well. Helping you find your place within the company, understanding the culture and creating a network of professional relationships that helps you stay on solid ground.

Do not waste another job posting by being unprepared. Increase your confidence and show your value to employers by presenting yourself in the best possible way. The competition is prepared, are you?



A man and a woman in business attire are working together at a desk. The man is leaning over the woman, who is sitting and looking at a laptop. There are two laptops on the desk, a white mug, and some papers. The background is a bright, modern office.

Our clients get results.

Are you ready for a job offer?

See how to begin the journey to getting the right job today.

Interview Prep and Job Search Offerings

This package is essential for new graduates looking to enter the work force, anyone who has not been on the job market in the past 5 years, or anyone who has not been successful at getting interviews. This 2 hour e-Workshop covers the following topics...



Resume Adjustment

What makes a resume great? Making your resume match the job posting to ensure it makes its way past the online filter. (we expect you to have your basic resume in front of you during the workshop) We will show you how to adjust your resume for success.

Job Board Search

What makes a resume great? Making your resume match the job posting to ensure it makes its way past the online filter. (We expect you to have your basic resume in front of you during the workshop.) We will show you how to adjust your resume for success.

Applying

How to get your resume on the desk for human eyes to read. Learning the all important nuance of networking. Getting the interview.

Interview Prep

What do companies really want to know about you through the questions they ask? Crafting your answers to give the information they are really asking you for is key. Learn the skill of creating great answers to the "tell me a time when", "strengths and weakness" questions and more.

Learn what to look for in an interview and how to change course when it is not going your way.

Learn how to do due diligence before your interview. What do you need to know before you walk into the building? What questions should you be asking of them?

Q & A Time

Question and answer time continues until all questions are answered.

Exclusive Assessment for Hirestream Candidates Only

This 90 minute 1:1 session covers the following topics:

Evaluation of Talegent Graduate Psychometric Assessment

Review of Personal CV

Detailed Interview Preparation

A man in a dark suit and a pink and white striped tie is holding a red marker. He is looking directly at the camera with a slight smile. The word "SUCCESS" is written in large, red, cursive capital letters across the center of the image. The background is a light blue gradient.

If you want the job, you must be PREPARED!

SUCCESS

If you want to have a cutting edge advantage in the interviewing process, this option is for you.

What is the right career for you?

FOCUSED JOB SEARCH AND APPLYING BEST PRACTICES:

Are you applying to the right jobs?
Are you getting call backs or just
spraying your resume out into space
praying that someone will call you?
That is not going to work....

We will spend time talking about
what is the best method for you for
finding the right job. We will teach
you how to read job postings, how to
use key words, locations, and
companies to find the right job for
you, how to get your resume on the
desk for human eyes to read. As well
as demonstrate the all important
nuance of networking. All this brings
you closer to the interview.



RESUME REVIEW AND ADJUSTMENT

What makes a resume great? We make sure your resume matches the job posting to ensure it makes its way past the online filter. (We expect you to have your basic resume in front of you during the session) We will show you how to adjust your resume for success.



NEW CAREER

FOCUSED INTERVIEW PREPARATION

Here is where you find your voice, learn what to say and what not to say in an interview. We take you thru a mock interview. You must be able to "sell" yourself, your skills and your talent. There are no do overs in the interview process. You must get it right the first time. We make sure you are prepared.

What do companies really want to know about you through the questions they ask? We teach you how to craft your answers to give the information they are really asking of you. You will learn the skill of creating great answers to the "tell me a time when", "strengths and weakness" questions and more.

YOUR COMPETITION IS PREPARED, ARE YOU?

We show you what to look for in an interview and how to change course when it is not going your way.

We will talk about the extra steps to take that will bring you closer to the perfect job: How to do due diligence before your interview. What do you need to know before you walk into the building? What questions should you be asking of them?

This session will be recorded. A link to the recording will be sent to you.

REGISTER TODAY!

A woman with long dark hair, wearing a yellow knit top and light blue denim shorts, is jumping joyfully against a bright blue sky with a faint rainbow in the background. Her arms are raised, and she has a wide smile. The overall mood is one of happiness and energy.

E-WORKSHOP: LIFESTYLE/WEIGHT LOSS

You want a lean and healthy body.

You want to feel full of energy and enjoy life.

You know you have to change your lifestyle and eating habits.

A 30-day course that will change your life



COURSE OVERVIEW

This workshop is about celebrating what you can do.

It's not about crime and punishment.

It's not about starving and calorie counting.

It's about moving forward in a
positive and empowered way.

It is easier than you think. We promise.



Health

Search

This workshop starts with education. It's not like any of the other diet and exercise programs you have tried and probably failed to achieve a sustainable result. That's because this is not a diet and exercise program. This course is about choosing the behavioral changes you want to make and then developing the capacity, the muscle, to make those changes.

You can regain your health. You can make sustainable changes that will cause you to lose weight and recharge your energy, increase your happiness, and promote well-being.



Join Karen Florence CPRWC, International Transformational Coach, as she offers the transformative information and coaching you need to make the changes you want to make.



Watch the Video

During the course, participants will receive 2 hours of 1-on-1 coaching with an additional 10 accountability coaching delivered in 10 ten minute segments.

COURSE SCHEDULE

INTAKE COACHING SESSION

One-on-one coaching session with a certified professional coach to define where you are now, where you want to go and what support you will need as you go thru the course. Set up structure and accountability. (1hr)

COURSE MATERIALS

Throughout the course, clients will receive course materials, a program book, and other information to read and videos to watch.

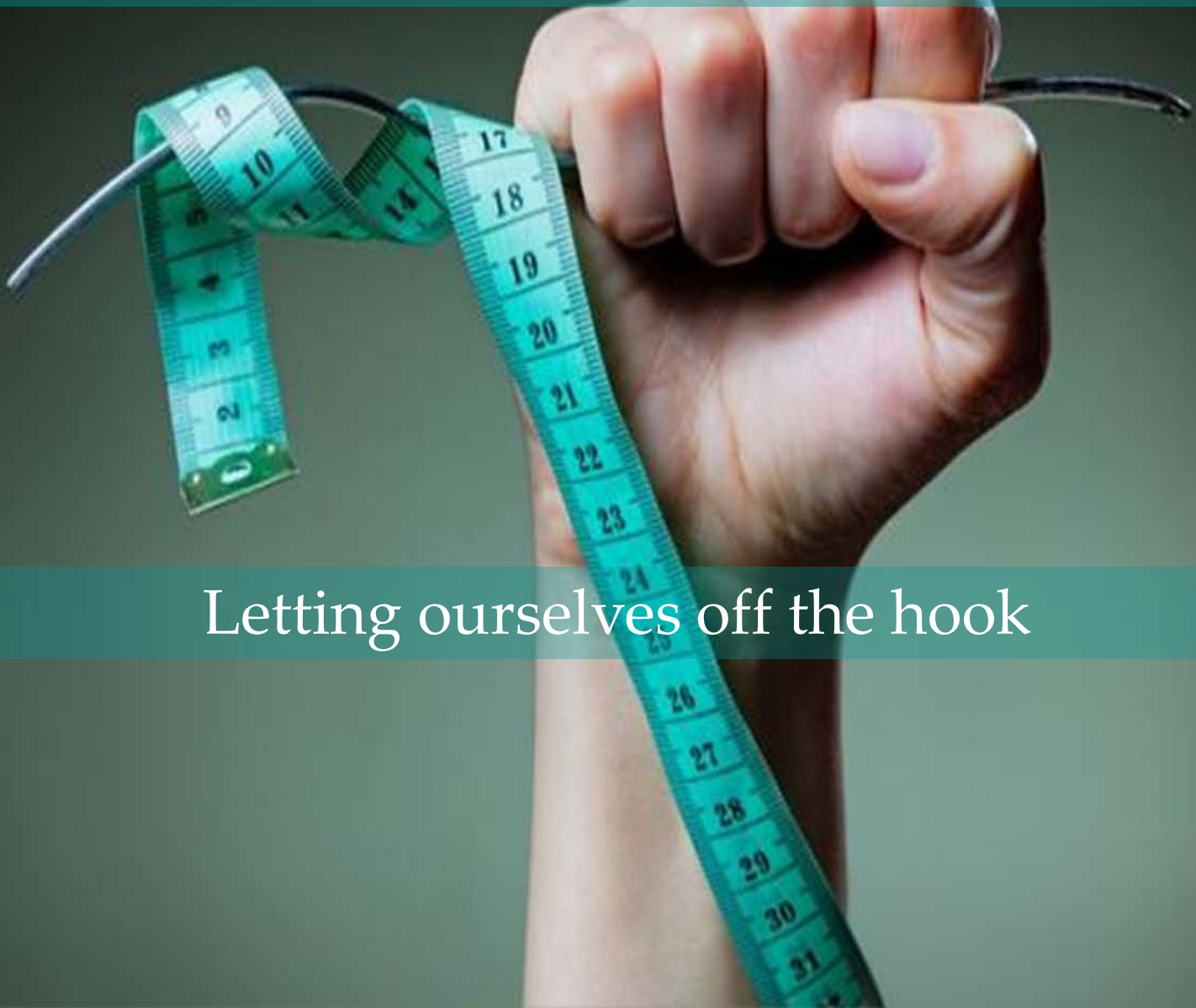
Phase One

Getting Ready



E-WORKSHOP TELE CLASS #1

UNDERSTANDING OUR HARDWIRING



Letting ourselves off the hook

E-WORKSHOP TELE CLASS #2

WHY IS IT SO HARD FOR ME TO CHANGE?

Telling our own story



Diagnosing the issue

Phase Two

Starting the Plan



WORKING WITH YOUR COACH

COACHING SESSION

A person with their hair in a bun, wearing a white tank top and light blue pants, is sitting in a meditative lotus position on a wooden pier. They are facing away from the camera, looking out at a calm body of water under a dramatic sunset sky with large, colorful clouds. The sun is low on the horizon, creating a bright reflection on the water.

Setting behavioral change goals

Taking an honest look at ourselves

E-WORKSHOP TELE CLASS #3

WORKING ON THE PROGRESS MAP TO CHANGE

Lifestyle Biography

NEW MiNDSET



NEW RESULTS



Phase Three

Assessment and Moving Forward



E-WORKSHOP TELE CLASS #4

WHAT HAS BEHAVIORAL SCIENCE DISCOVERED?

Testing our assumptions



WORKING WITH YOUR COACH

COACHING SESSION

What are your next steps

Where will you go from here

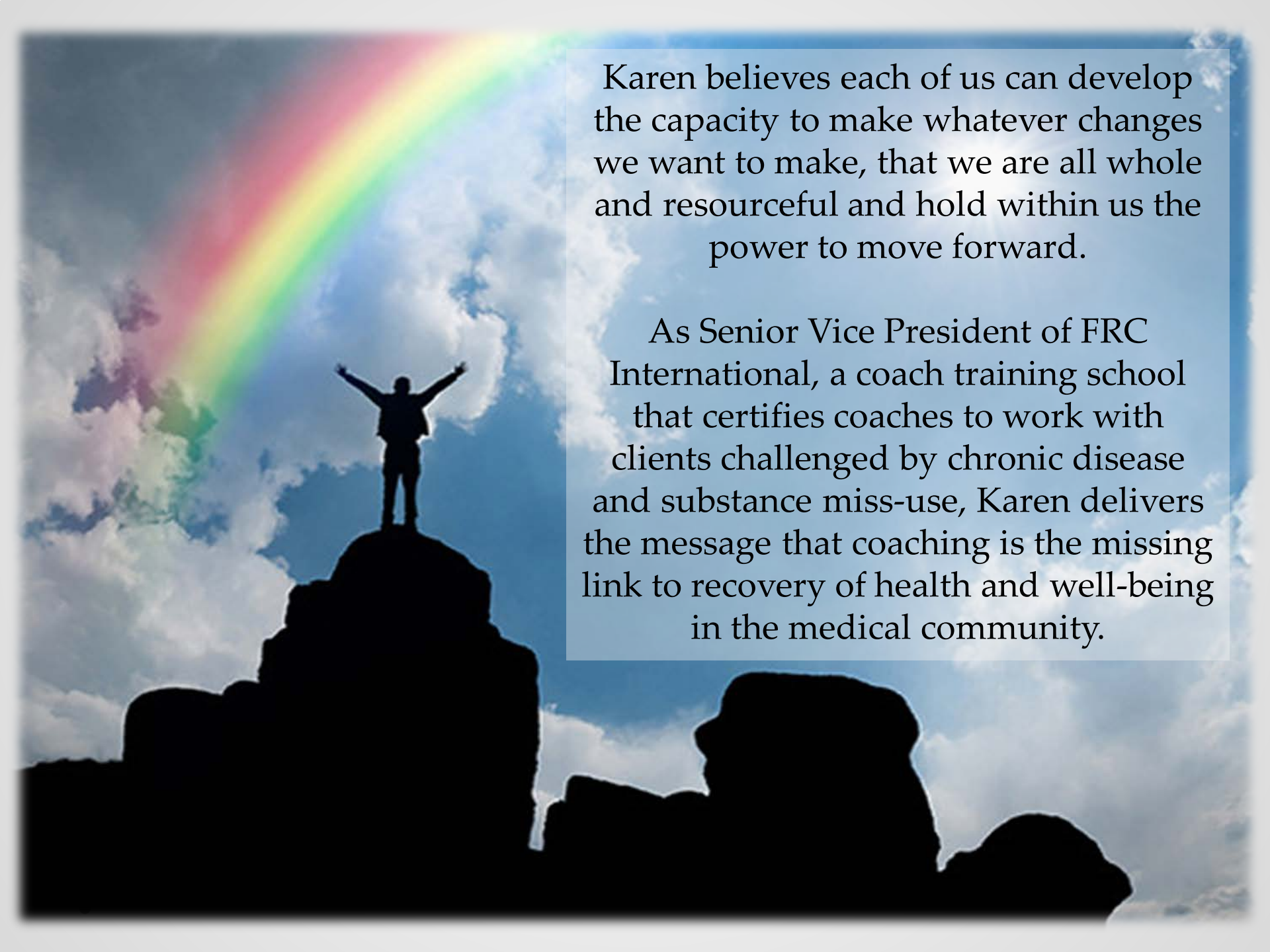


E-WORKSHOP TELE CLASS #5

COMPLETION AND CELEBRATION




YOU DID IT!

A silhouette of a person stands triumphantly on the peak of a jagged rock formation. Their arms are raised in a 'V' shape, reaching towards a vibrant rainbow that arches across a blue sky filled with white clouds. The scene is backlit, creating a glowing effect around the person and the rainbow. The overall mood is one of achievement and hope.

Karen believes each of us can develop the capacity to make whatever changes we want to make, that we are all whole and resourceful and hold within us the power to move forward.

As Senior Vice President of FRC International, a coach training school that certifies coaches to work with clients challenged by chronic disease and substance miss-use, Karen delivers the message that coaching is the missing link to recovery of health and well-being in the medical community.

HEALTH AND WELLNESS COACHING



Health Coaching is often referred to as Wellness Coaching. It is a process that facilitates sustainable behavioral change that results in improved health and lifestyle for the client. The coach is an integral part of the process in which the client develops the capacity to make the changes that will produce the desired outcomes the client is wanting to achieve.

Wellness Coaching

WHAT HEALTH CHALLENGES CAN COACHING AFFECT?

Coaching is most effective for health conditions caused by behavior and lifestyle. Pre Diabetes, Type II Diabetes, and the cluster diseases associated with Type II Diabetes such as obesity, heart disease, hypertension, etc., are great examples of conditions a health/wellness coach can assist clients effectively in reversing the consequences they are suffering because of these conditions.

Other conditions a health/wellness coach can be effective in are chronic pain, PTSD, alcohol and drug misuse and addiction, cancer recovery, eating disorders, behavioral addictions: gambling and sexual addictions. Grief recovery, sexual abuse recovery and death and dying are examples where a traumatic experience causes behavioral change that a client wants to reverse. Coaching is uniquely designed for this type of work.

Recovering from any health condition is a journey. Changing behavior when one is in the best of health is often a challenge. Changing behavior when one has been diagnosed with an illness, especially when the diagnosis is unexpected, can be even more challenging. Accepting the reality of the situation is the first hurdle and then making decisions about next steps is crucial. A certified coach is a wonderful asset in this process.

HOW HEALTH COACHING WORKS

The coaching agreement is designed specifically for each client and his or her individual needs. Traditionally, one-hour sessions once per week are the norm. However, in some cases, more support is needed especially in the beginning of the coaching relationship. Most coaches offer unlimited email access. What is most important is the agreement about how much support is needed and how that support will be available to the client. This is particularly important in alcohol and drug misuse clients. Defining acceptable access of support and delivery of that support is crucial.

Goal setting, structure, and accountability are important components of the coaching process. Non-judgment and understanding is key to successful outcomes. The coach creates an environment of trust so that the client is at ease to express his or her needs comfortably. This is intimate work. To change behavior one must understand the driver of the behavior. This is accomplished by looking at all aspect of life. Often life long habits must shift. Adjusting belief systems to allow change to occur are part of the process of long-term sustainable change.

HOW LONG DOES CHANGE TAKE?

It takes as long as it takes. Progress depends on the individual and the health challenge he or she is facing. The coaching can take as little as 6 weeks or as long as a year or more. The client is the driver of the process. The coach creates the container and holds the agenda; the client must step up to take action. How quickly that occurs is up to the resolve of the client.



ABOUT KAREN



Karen Florence is a Certified Professional Coach and founder of Tabula Rasa Coaching, a coaching firm that specializes in International Executive Transformational Coaching for individuals as well as organizations. As an Executive Coach, Karen travels extensively throughout the US, Europe, and the Middle East.

Karen is passionate about helping others answer the questions that matter. She was trained at [Coaching for Transformation](#), a school accredited by the International Coaching Federation. Karen is also trained in Executive Career Coaching, Organizational Coaching, and Spiritual Based Coaching. She also holds a certificate in Immunity To Change from Harvard University and Minds At Work.

ABOUT KAREN

Very active in the coaching community, Tabula Rasa Coaching under Karen's direction offers coach training, education and peer support to active coaches and coaches wishing to build their practices and broaden their skills and tools through workshops and one on one mentoring. As an accredited Recovery to Wellness Coach, Karen brings her coaching skills to those with chronic illness and addictions.

As an international Executive Transformational coach, Karen has worked with CEO's and high level executives around the world, coaching, mentoring, and consulting. She has worked one on one with executives from Google, Pierce Global Promotions, Pinnacle Foods, GPIC, Jaguar Land Rover, The Disney Channel, BBDO Russia, New York Life, The St. Croix Foundation, Volvo Italia, Prudential Life, Intel and The Learning Channel among others.

With a background of 20 years of luxury interior design sales to the trade, Karen reinvented herself to follow her passion of helping others see what is possible in their lives. While working full time, she returned to school in New York City to become a Certified Professional Coach. After graduation Karen continued to expand her coaching tool kit by adding career coaching, organizational coaching and spirituality coaching to her practice. Within a year, her practice went international with clients in the UK, Russia, France, Turkey, Canada, and Italy. Today she has clients all over the globe including the Middle East.

ABOUT KAREN

Karen is a long time student of neuroscience and behavioral psychology, she holds a certificate from Queensland University, Australia in Science of Everyday Thinking. Understanding how the brain works removes many blocks and obstacles for individual clients and organizations as they move forward.

As an organizational coach, Karen is able to see systems at work. This makes her an excellent change agent. She has a very keen sense of people and is easily able to bring teams to a co-operative and well functioning state.

When working with Karen, clients lives change. With her unique way of digging for the truth and finding the answers within her clients, doors open and circumstances change. Karen's keen intuition and curiosity often helps the truth to bubble up in surprising ways, allowing her clients to see themselves as whole and resourceful individuals moving forward into all that is possible.

Karen lives part of the year in the US, part of the year in Italy, and is increasingly spending much time in the GCC, specifically, Bahrain. When asked how she made that happen, she simply says, "I Decided.". This is exactly what she helps her clients do. Decide.

ABOUT KAREN

In addition, Karen is a Reiki Master/Teacher/Practitioner. She is Hospice certified to give end of life palliative care with an emphasis on cancer patients. Her long time goal is to become a Doula for the Dying. She has been practicing for over ten years. Karen is a disciplined Bikram yoga student. She is an experienced workshop facilitator, public speaker, columnist and radio show host. Karen travels extensively living in the Greater Philadelphia Area and in Pistoia, Italy.

What Karen's Clients Say

"Working with Karen is like having two brains." - M.T., Director at Google

"I feel so privileged to have worked with Karen Florence as my very personal and professional life coach. I am today eternally grateful to her for skillfully helping me navigate my way toward the life of my dreams. Karen forced me to take the critical step of 'deciding' to validate and vet my dreams and then to really begin stepping out of my comfort zone in order to reach for them." - D Cruz, St Croix

"At first I was skeptical. After one session, I was a believer. Karen focused my attention on my goals, and showed me a clear path to achieve them. Above all, she made think about the direction my life was taking. Karen is a great communicator and motivator and would be a valuable resource to anyone looking for an executive coach." -Dennis Hower, Teamsters President, Lehigh Valley, PA

NEXT STEP



For Executive and Organizational Coaching

Please contact Karen Florence

Telephone: 610-228-4145

email: karen@tabularasacoaching.com

To Schedule a Workshop or Webinar

Please contact Karen Florence

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