

STUCK IN YOUR CAREER?

GETTING UNSTUCK

MOVE FORWARD
USING YOUR
VALUES

ThrivingThroughAdversityCoaching.com

THRIVING THROUGH ADVERSITY COACHING

SCIENTIST, SPEAKER, COACH



LARA KALLANDER

Lara Kallander, PhD, MAPP, is a scientist, speaker, and a professional coach at Thriving Through Adversity Coaching.

My experience and education inspired me to establish this business, Thriving Through Adversity Coaching. **Through my business as a well-being coach, I support women in science clarify their own definition of success and then make plans to achieve it.** The focus is on the clients' values and often includes getting more connection, meaning, and joy in their lives.

CONTENTS

PART 1

LARA'S BIO

About Lara Kallander, PhD, MAPP

PART 2

START WITH YOU

Fill out this worksheet to take a current look at what you want and what is important to you.

PART 3

VALUE INVENTORY

Take a current inventory of how your values align with your current career.

PART 4

WORK WITH LARA

Continue the journey.



THRIVING
THROUGH ADVERSITY

START WITH YOU

Question 1

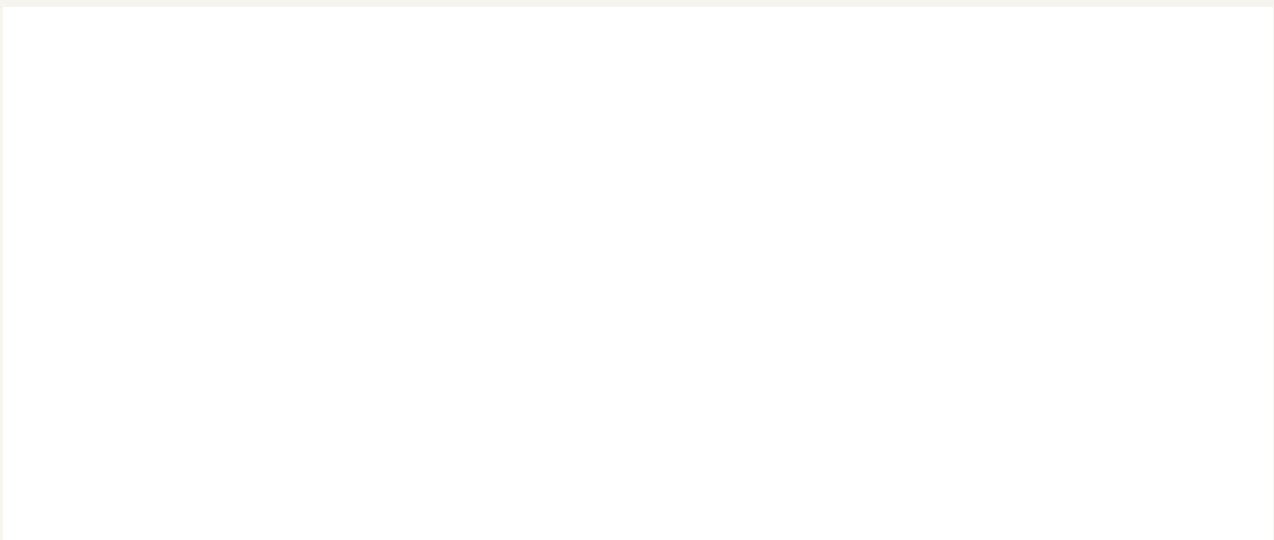
What do you really, really want? (Not what society or people tell you that you want.)



Question 2

What are the most important values to you as a person?

You can take a strengths inventory here if you want some guidance on how to identify your top values. Results are shared with Lara:
thrivingthroughadversitycoaching.pro.viasurvey.org



VALUE INVENTORY

Question 3

What are some of the ways that your values show up in your current career?

Question 4

What are some of the ways you **don't** see your values show up in your current career? Or are there even things that go against your values?

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WORK WITH LARA

Contact Lara at ttacoaching@gmail.com

Or schedule directly using this QR code:



QR code to book online

