

Map Your Next Move



Group Coaching Program



You've reached an inflection point in your work-life and you know it is time for a change. Join coach Laurie Schulz for a guided journey, navigating through change to build clarity and confidence to activate your "what's next".



Program Overview

Facilitated, interactive weekly sessions held over Zoom will include insights, discussions, brainstorming, feedback and accountability. Participants will receive exercises based on the "Map Your Next Move" navigation framework to be completed between sessions to guide live conversations.



Gain power from inflection points

A career or business that is no longer engaging, a terrible boss, an empty nest, too much stress, friends/partners retiring - use these to launch toward change



Stretch beyond perceived limitations

Follow the Navigation Framework to gain clarity & confidence, navigate through barriers



Build your roadmap forward

Brainstorm solutions, identify resources, test ideas out, create and activate a plan

“ Now is your time to move beyond "I'm okay.." to "I'm energized, fulfilled, engaged..." ”



Laurie Hirsch Schulz

Coach & Facilitator

Laurie coaches at the intersection of work and life. She collaborates with career explorers, solopreneurs and non-profit founders to build the roadmap to their "What's Next." Her superpower is facilitation.

Take your first step forward...

First session starts the week of Jan. 9

- Register by December 5: \$1350
- Register after December 5: \$1500

Contact Laurie:

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Program Details

Combining the frameworks of individual coaching with the power of group connections, collaboration & accountability:

- Eight 75 minute live group Zoom sessions (held Jan. - Mar. 2023)
- Three 75 minute Zoom co-working, accountability work sessions (1x/mo)
- Two individual coaching sessions with Laurie: 30-minutes before program start; 45-minute wrap-up
- Registration limited to 8 people per group, minimum of 4 participants
- All moderated sessions will be recorded for cohort members to access on demand

Note on timing: meetings to be held weeks of January 9 - March 13. Day and time for weekly meeting will be finalized to reflect final cohort preference. Non-facilitated co-work session will be held weeks of 1/30, 2/27, 3/20.