

A photograph of four potted plants arranged in a row against a light gray background. From left to right: a small cactus in a light blue metal bucket, a white ceramic pot, an aloe vera plant in a white ceramic pot, and another succulent in a light blue metal bucket.

# Career Coaching & Consulting

Lisa Spinelli



# About Lisa

Lisa Spinelli is an International Coaching Federation (ICF)-accredited coach, specializing in career and life transitions, wellbeing and executive leadership. She is also the host of the local TV show Job Hunt DC on MeTV, the editor of the book, [\*Teachers to Trainers\*](#), and the author of [\*Take Charge of Your Career Path\*](#).

She has created military transitioning workshops with the USO, hosted and created the ATD podcast *The Accidental Trainer*; developed and produced career centers for thousands; and created career development learning pathways for outplacement and tech companies.

A proud veteran spouse, Lisa has made more than a few transitions and career moves in her life. She uses her experience, skills and personality to create a safe and empathetic space for all her clients, while challenging them to self-reflect and grow.

Prior to the world of coaching and L&D, Lisa was a leader in the content and communications field. She started her career after receiving her master's degree from the Graduate School of Journalism at Columbia University.

For more on Lisa, connect with her on [LinkedIn](#).



# What is Coaching

The ICF defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. The process of coaching often unlocks previously untapped sources of imagination, productivity and leadership.

We all have goals we want to reach; challenges we're striving to overcome and times when we feel stuck. Partnering with a coach can change your life, setting you on a path to greater personal and professional fulfillment.

# Career Consulting

When providing career coaching and consultative services, Lisa wears a couple hats.

As a coach, Lisa acts as a guide to help clients navigate down a path of self-awareness and reflection. Lisa cultivates a safe and empathetic space where clients can uncover what obstacles are holding them back while supporting them in realizing what is possible.

She is not afraid to hold her clients accountable to their goals and challenge them to support their growth.

As a consultant, Lisa provides structured advice, insights and guidance on how to navigate through a career transition.

Lisa works with clients to develop a personalized action plan that meets her clients' specific needs and goals.

To achieve great results, clients need to put in the work. Lisa helps hold them accountable so they can achieve a great career fit and land the job they have been seeking.



# Stages of Career Transitions

## Discovery

What do you want to be when you grow up?

Most professionals struggle with this question, regardless of age, success, or financial situation.

For many professionals, there is no one right answer. Knowing how to discover what will fuel you and keep you motivated can help you uncover your next career chapter.

## Awareness

Once we have discovered what fuels you and aligns with your values, we can take the next step toward your career transition and growth.

These next few steps can be critical in laying the foundation for a great career path filled with joy and success.

## Close

With some of the toughest work behind you, we now work toward applying what you have learned and closing the deal—your job offer.

In this stage, timing and preparation are everything. We get you prepared for your interviews and offer negotiations, so you don't have to think on-the-fly.

## Growth

After you set your path and land a role or promotion you were seeking, what is next?

Helping you navigate through the change and acclimation of a new company or role, dealing with imposter syndrome, fears and time management constraints are just some of the aspects we cover in this last step.



# Develop at Your Pace

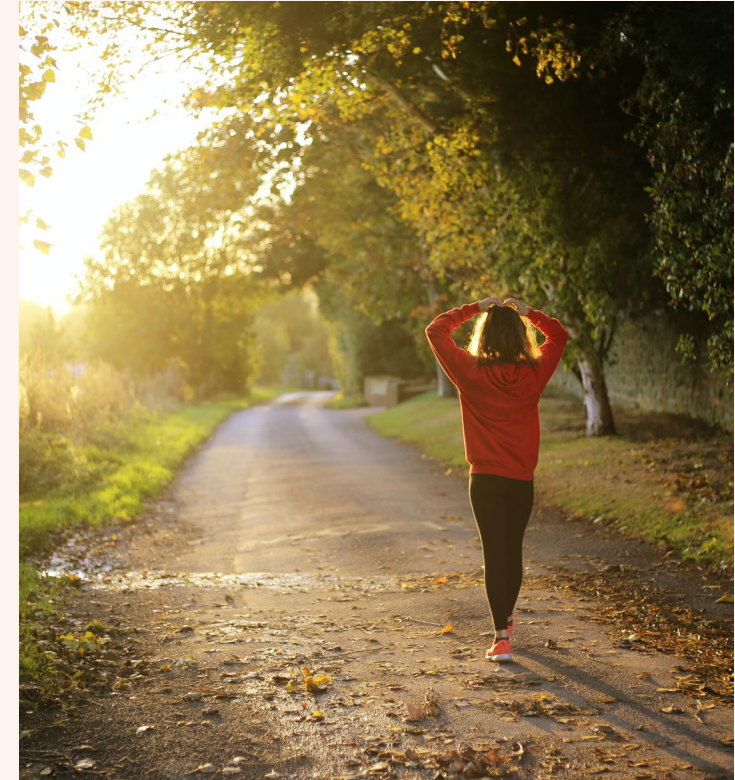
While career transitions often follow a model much like a marketing funnel, there is no “right” way of going through a job transition.

For many coachees, the right amount of time could be the entire time spent at the career exploration level. For others it could be on the networking piece; while others still seek an even spread across all stages.

The same goes for coaching versus consulting. While some coachees come to Lisa wanting pure coaching —without Lisa being directive or offering advice — some want nothing but tips and advice.

The mix or pick between coaching and consulting is best agreed upon at the beginning of each session or at the beginning of the client-coach engagement. This way expectations are set and met.

If you have never experienced pure coaching, it’s highly recommended to try at least once.



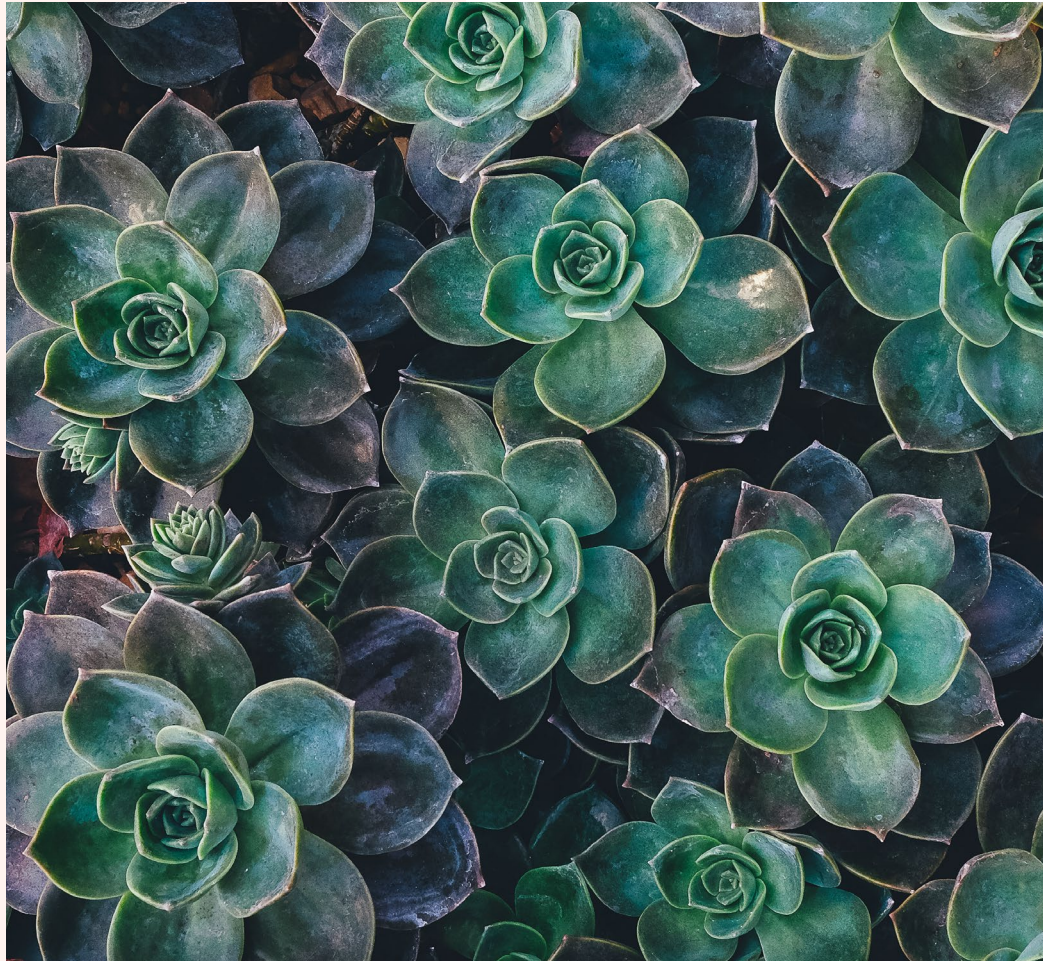


# Got You Covered

## Career Transition Consulting

When creating a personalized career transition package, Lisa offers help with the following areas.

- Career and personality assessments
- Career fit
- Company research and selection
- Job search strategies
- LinkedIn
- Networking and relationship-building
- Personal branding
- Resumes and Interviews
- Salary negotiations
- Starting a consultancy or freelance business
- Transferrable skills and analysis
- Working with recruiters/headhunters



# Summary

We all face career changes in our lives, sometimes they leave us feeling motivated and other times they create anxiety. Having a coach as empathetic, authentic and experienced as Lisa can help you navigate through those transitions. Lisa will support you every step of the way, so you can push through this change toward growth and toward finding your definition of success.



# Career Coaching Packages

Timing and pricing

## 6 weeks

### Expedited

One (1) 1-hour initial kick-off session

Five (5) 45-min sessions  
every week for 6 weeks

Text messages & emails between sessions

**\$1,500\***

\*Plus 3% for credit card fees

## 3 months

### Complete

One (1) 90 min initial kick-off session

Seven (7) 50-min sessions  
every other week for three months

Text messages & emails between sessions

**\$2,000\***

\*Plus 3% for credit card fees

## 6 months

### Longer term

Three month-package

*PLUS:* Four (4) additional 50-min sessions  
Spread out over the last three months

Texts & emails between sessions

**\$3,500\***

\*Plus 3% credit card fees

# Testimonials

“Lisa has been absolutely wonderful! She has made availability for me when I had questions or needed guidance at each stage of my career transition.”

**Zachary Miller**

*Director of Product Innovation*

“Lisa was always willing to answer my questions, even during her time off. She had great advice and it gave me confidence knowing I had her to bounce off ideas and questions to. I’m grateful to have had Lisa as my coach.”

**Lindsay Marshall**

*Delivery Lead*

“Lisa was a wonderful and active listener to understand my concerns and goals. She was able to help me prioritize what was important to me. I highly recommend Lisa’s services.”

**Shannon Rush**

*Registered Nurse*



# Start your journey

Contact Lisa:

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