

Young Professional Micro-Coaching

Are you a few years into your career and trying to decide what is next? With this program, we'll look at your current situation, your values, and your next steps to help you get clarity and concrete steps on how to move forward professionally.

Young Professional Micro-Coaching is for you if ... you've ever considered changing jobs or careers, thought about starting your own business, wanted a promotion, or wondered how to get the mentoring and support you need.

Why Lucky Heart?

Lucky Heart brings a deep joy and playfulness to the process of discovery and change in your life. The Lucky Heart coaching philosophy stems from research-based positive psychology to help you live a deeply meaningful life and find joy day to day. Lucky Heart Coaching works with women and young professionals to help them find direction and purpose to live an empowered, balanced life.

Kate Hyde

My greatest values are connection and curiosity. From attending Harvard at age 16, devouring every book that comes my way, and starting a private school, I have found ways to live these values with an insatiable desire to meet and know people. Starting in 2009 with the death of my mother, my life fell apart. The emotional growth this catapulted me into allowed me to create a life which is deeply meaningful and joyful. Now my north star is being present for people without judgement to help them feel deeply seen and understood. The wisdom I gained allows me to help you forge a path through change and uncertainty.

Package Details:

Young Professional Micro-Coaching package includes:

- An intro call to get to know each other and review package and policies
- Three 30-minute coaching sessions on Zoom which cover:
 - What priorities and values are driving you right now?
 - What are the challenges and opportunities in your current situation?
 - How do the answers to those two questions align? What are your next steps?

Next step: Email, call, or text me to get more details on commitment, policies, and cost.