

The Intentional Professional

A 6-WEEK REALIGNMENT EXPERIENCE



LOCATION

In-Person | Central New Jersey

DURATION

6 Weeks | 2–3 Hours per Week

SESSION STRUCTURE

Week 1: 3 Hours | Weeks 2–6: 2 Hours

COHORT SIZE

Maximum 15 Participants

Program Overview

The Intentional Professional is a 6-week, in-person experience designed for seasoned professionals regardless of role, title, or gender who want to realign how they show up, communicate, and lead.

This program is intentionally designed to **build a community of thoughtful, experienced professionals** who value depth, trust, and meaningful connection, not transactional networking.

This is not corporate training.

This is **personal and professional realignment**.

Grounded in the principle that awareness drives choice—and choice drives change, the program helps participants deepen self-awareness, release limiting beliefs, and strengthen how they communicate and engage with intention, trust, and curiosity.

Who This Program Is For

For **seasoned professionals who have built success — and now want deeper alignment in how they think, decide, and lead.**

- Want to communicate with greater intention, clarity, and confidence
- Are navigating growth, transition, or expanded influence
- Have meaningful experience and responsibility, yet feel misaligned or constrained
- Value community with peers who think deeply and challenge thoughtfully
- Want sustained development—not a one-time workshop

Program Structure

The series is intentionally sequenced to move from **internal awareness** to **intentional action**, ensuring insight translates into sustained behavioral change and stronger professional relationships.

Weekly Experience & Focus

WEEK 1 (3 HOURS):

Professional Purpose & Letting Go of Limiting Beliefs

Laying the Foundation & Building the Community

This extended opening session establishes psychological safety, shared language, and trust—both within the individual and across the group.

- Program orientation and intention-setting
- Establishing trust, confidentiality, and group norms
- Clarifying professional purpose beyond role or title
- Identifying and challenging limiting beliefs
- Understanding how beliefs influence confidence, choice, and communication

Outcome

A clear professional purpose statement, increased awareness of limiting beliefs, and the foundation of a trusted professional community.

WEEK 2:

Values-Based Everything — The Lens Behind Every Choice

Participants identify core values and explore how values influence decisions, boundaries, trust, and credibility.

Outcome

Defined values and awareness of alignment and misalignment in daily behavior.

WEEK 3:

Uncovering Talents — How You Naturally Create Impact

Participants complete the Gallup Strengths Assessment and explore how natural talents shape communication, leadership, and effectiveness.

Outcome

Clear understanding of strengths and how to leverage them intentionally.

WEEK 4:

Identifying Blind Spots — What Gets in the Way

Participants examine how strengths, habits, and past success can create blind spots that impact trust, communication, and results.

Outcome

Participants surface unconscious patterns that no longer serve them, align on the leader they intend to be, and implement one values-based shift in real time..

WEEK 5:

Listening Levels & Curiosity — The Foundation of Trust

Participants develop advanced listening skills and conversation intelligence through purposeful curiosity.

Outcome

Stronger trust-based conversations that create clarity, safety, and alignment.

WEEK 6:

Leadership Styles — How You Show Up When It Matters

Leadership is not positional—it's behavioral.

Participants explore how leadership shows up through everyday behaviors, communication patterns, and decision-making—not titles or authority.

Outcome

Clarity around personal leadership behaviors and how to lead with greater intention, consistency, and trust.

Trust: The Thread Throughout

Trust is woven through every session. Participants examine how trust is built, sustained, and eroded—and how alignment between purpose, values, listening, and behavior directly impacts credibility, influence, and professional relationships.

Program Deliverables

Each participant receives:

- Gallup Strengths Assessment with guided interpretation
- Professional participant workbooks designed specifically for this experience
- Structured reflection exercises and application tools for each session
- Professional Purpose, Values, and Belief–reflection worksheets
- Surface unconscious patterns that no longer serve them
- Listening and conversation intelligence frameworks
- Leadership behavior clarity and integration tools

Workbooks support both in-session engagement and between-session reflection to deepen awareness and integration.

Outcomes & Impact

By the end of the program, participants will:

- Release limiting beliefs that constrain confidence and choice
- Communicate with greater clarity, confidence, and intention
- Make decisions aligned with purpose and values
- Understand and leverage natural talents
- Surface blind spots and adjust limiting behaviors that no longer serve them
- Build trust through more purposeful conversations
- Be part of a trusted community of seasoned professionals

Community & Ongoing Pathways

Participation in **The Intentional Professional** includes access to future opportunities designed to support continued growth, connection, and application.

Optional Add-Ons & Continued Development

- **1:1 Coaching (Program-Only Rate):** Participants may continue their work through individual coaching at a preferred rate available exclusively to program participants.
- **Preferred Access & Discounts on Future Workshops:** Alumni receive discounted access to future programs, including but not limited to:
 - Communicating with Impact
 - Transforming Leaders into Impactful Coaches
- **Future Retreat Experiences:** In-person retreats will be offered based on the evolving needs of the professional community, designed to deepen reflection, clarity, and connection.
- **Mastermind Program:** A facilitated Mastermind experience built by the participants, for the participants, focused on real-time challenges, strategic thinking, and collective wisdom.



Investment

Program Fee: \$3,500 per participant

Includes:

- ✓ 13 hours of in-person facilitated sessions
- ✓ Limited to a maximum of 15 participants to preserve depth, candor and real connection.
- ✓ Gallup Strengths Assessment
- ✓ Professional workbooks and materials
- ✓ Access to a curated community of seasoned professionals

15 Cohort Size: Limited to 15 participants to preserve depth, trust, and meaningful engagement.

The Intentional Professional is for experienced professionals who want more than development—they want alignment, community, and intentional growth.

