



CAREER COACHING
with SHELL

Your Next Career Move MasterclassSM

**JANUARY 15TH
THROUGH
MARCH 5TH**

8 Thursdays

Class Time

1:30 - 3:00 pm CST

2:30 - 4:00 pm EST

11:30 am - 1:00 pm PST

International dates/times will
vary based on US Central time.



INVESTMENT

~~\$1,447~~

Now only \$947

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[Schedule an intro
call with Shell](#)

Choosing the wrong career path is expensive.
Unnecessary degrees and courses waste money;
the wrong job wastes time.

That is why I offer *your next career move masterclass*

**If you're an adult
with ADHD
considering a
career change,
you can't afford
to miss it.**

With all the challenges we have faced recently, I want as many ADHD adults to have the necessary tools and the structured, step-by-step process for career success.

Over the course of 8 weeks, in 2 modules, we will collaboratively explore the most important questions that every ADHDer should consider before making the next career move.

Together, we will create a picture of your ideal job or career and the next steps.

Finding success with fractured focus can be difficult. Maybe you struggle with perfectionism or overwhelm. Or maybe you're holding onto false beliefs about your abilities. I can relate. I have ADHD, too.



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After years as a career coach, I dedicated my practice to helping ADHD adults after my own diagnosis in 2010. Holding a master's in counseling with an emphasis on career, I have helped more than 700 clients find fulfillment in their work over my 30+ year career. I'm also trained by Richard Bolles, author of the best-selling career book of all time, *What Color Is Your Parachute?*

Before you create your next resume, make sure you are clear and focused on your desired direction – learn the recipe that will “wow” employers and get you through to the right folks.

What You'll Learn:

From Confusion to Clarity **4 weeks**

- Identifying the Skills and Traits that are most important to use in your work
- Dive deep into your story and watch your career themes emerge
- Begin the Career Clarifier, and identify:
 - Ideal working conditions and best places to live
 - Personalities at work: what type of people you work best with
 - Salary requirements/rewards and benefits
 - Your Industries of Fascination: your career language
 - Your Life Purpose as it pertains to the work you do



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Your Next Move Map

4 weeks

- Informational interviews and job shadowing in key fields
- Career resources that work
- The Fields + Skills Game - a creative process for identifying career options
- Identifying and Researching targeted training options
- Finding organizations that align with your top preferences
- Career Clarifier Review
- Confidence Assessment
- Planning for new work in the era of COVID-19
- Your Next Career Move Reveal
- 1 Private Session with Shell to Discuss Your Next Career Move



Having recently been laid off, I didn't know what my next steps were. The process has been so much more than finding a new job, but reclaiming those strengths and skills I forgot I had. Shell has been an encourager and cheerleader and even given me an occasional kick in the butt when I needed it. I believe Shell has helped me find the path to finally find the career I was born to do and can do the same for you.

- Jared



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Ready to get started?

**SCHEDULE
AN INTRO
CALL NOW**

Click above to schedule
an Intro call with Shell.
See if Your Next Career
Move Masterclass is a
good fit for you!



**CAREER COACHING
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You deserve an
affordable option and
a supportive
community to help
you through your next
big career move.

Visit Shell on
social media or
contact her anytime at

WhatsApp: +1 830-237-2735

Text: +52 322-434-3743

shell.mendelson@gmail.com

ADDA (ATTENTION DEFICIT DISORDER ASSOCIATION), NCDA (NATIONAL CAREER DEVELOPMENT ASSOCIATION), ACO (ADHD COACHES ASSOCIATION), AND SERVE ON THE WORKPLACE COMMITTEE OF ADDA AND AM A CERTIFIED WHAT COLOR IS YOUR PARACHUTE