

Our 1:1 Programs

Career coaching for professionals who want their career to mean something again



Hi, I'm Lana!

I'm the career coach you'd get if you combined the precision of a financial planner with the grit of an athletic coach running laps alongside you.

I don't just career coach. I take the first step with you, send introduction messages to my network, and stick by you till you get-er-done. Clients say I'm aggressively helpful, supportive to a fault, and action-oriented because that's the only way to get visible, tangible results.

Each program includes:

- ✦ 12 × 60-minute 1:1 coaching sessions
- ✦ Personalized career strategy and accountability
- ✦ Custom worksheets, templates & frameworks
- ✦ Email support between sessions
- ✦ Post program support and bonuses
- ✦ Emotional support and confidence building
- ✦ Delivered in Lana's signature get-er-done style that actually gets you to where you need to go

Find Your Way

12 WK | \$2,400 CAD

Strategy for when you don't know where to start

If you're feeling ready for a career pivot but the thought makes you feel more stressed than a barista with a broken espresso machine at 8 am, this program gives you the clarity and structure you need. Together, we'll sort through your skills, values, and options so you can start focusing on what you need to do next.

You'll walk away with:

- ✦ A values-based decision framework you can trust
- ✦ A shortlist of 2–3 realistic career directions that excite you
- ✦ 3 short projects for your 3 next steps (documents, networking strategy, or whatever you need most)
- ✦ A concrete action plan to start taking steps right away

Go The Distance

12 WK | \$2,400 CAD

Collaboration for when you need to get-er-done for a job search or a career pivot

Some projects are just too big to tackle alone. That's where this program comes in. It blends coaching with consulting and co-working, meaning you don't just talk about strategy, we roll up our sleeves and get things done together. With me as your teammate and coach, I'll press the send button for you (when needed), set you up with my network, and make sure your goals get accomplished.

You'll walk away with:

- ✦ The deliverables you need for your next career move (e.g. self-branding strategy and content, how to establish yourself as a consultant or freelancer, or larger projects like a portfolio or website)
- ✦ A personalized career roadmap
- ✦ An expanded expert network
- ✦ A teammate who will press the submit button if that's what needs to happen to get it done

Get Back On Track

12 WK | \$1,200 CAD

Accountability for when decision paralysis is slowing you down

You know those projects you say you'll finish — the job search, the online course, the portfolio — but they somehow stall every time? This program keeps you moving. With structured accountability and realistic steps, you'll finally follow through and see steady progress without feeling like one more thing on your to-do list is going to result in a breakdown.

You'll walk away with:

- ✦ Tangible progress on your goals
- ✦ Simple weekly steps that actually fit your life
- ✦ No-BS accountability
- ✦ Confidence in your ability to finish what you start

Contact Us!

Visit our website to learn more about our programs or email Coach Lana at lanea@twostepsforwardconsulting.com. And remember, you deserve to feel happy at work!