

# Get Back On Track

12 WK | \$1,200 CAD

This is a lean accountability program designed for professionals who have a strong grasp of strategy but lack consistent execution. It is designed to help you focus on one clear priority, move it forward each week, and build consistent momentum through disciplined action.

## This program is for YOU if:

- You started working on your next big career step
- You keep restarting your project without making real progress
- You are dealing with many conflicting priorities
- You feel anxious or stuck in fear of failure
- You want structure without feeling overwhelmed
- You need firm, supportive accountability to create meaningful change
- You are a graduate of the “Go The Distance” program and want additional support

## Program Description

Steps	Details
<b>Step 1: Your Goal</b>	<p>You have already made progress on your project. In this step, you will update me on your goal and share what you have accomplished so far. We will explore how you work and take a closer look at the challenges that make consistency difficult. Together, we will review practical strategies for building momentum, managing distractions, and balancing your project alongside other priorities in your life. We will also focus on being realistic about your capacity, acknowledging that your other life commitments are equally important.</p> <p><b>Outcomes:</b> <i>A deeper understanding of why you have struggled to stay on track on your own, along with the reassurance that you now have an accountability partner who provides a safe and supportive environment to reset and move forward. You will also gain clarity on what is achievable given your current commitments, helping you set realistic expectations for progress.</i></p>
<b>Step 2: Steady Progress</b>	<p>We will hold weekly accountability calls to keep your project moving forward. Each week, we will review your progress, discuss challenges, and set a few realistic actions for the week ahead. The focus is on simple, achievable steps that fit into your life, allowing you to maintain steady momentum without overcomplication or rigid plans. I will contribute my expertise as a career coach, agile coach, and strategist to keep you making smart, practical decisions.</p>

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	<p><b>Outcomes:</b> <i>You will see visible weekly progress on your project and develop greater consistency and follow-through. You will gain clarity on what works for your schedule and capacity, allowing you to balance your project alongside other priorities. This process will also reduce frustration and prevent the emotional spirals that can come from trying to do too much at once. It's amazing how much you can accomplish when you take steady intentional steps!</i></p>
<p><b>Step 3: Get-Er-Done</b></p>	<p>Throughout the program, and especially as we approach the end, we will work on getting your work out into the world in visible ways. This could take the form of applications submitted, portfolio pieces shared, networking conversations started, or other concrete actions. While these results are important, the primary outcome will be the growth you gain along the way, including greater confidence in yourself and a deeper understanding of how you work best.</p> <p><b>Outcomes:</b> <i>You will produce visible, concrete results that demonstrate progress in your project. More importantly, you will gain increased confidence, practical insights about your working style, valuable lessons you can carry forward into future projects, and a reduced sense of overwhelm as you see steady progress unfold. See? I knew you could do it!</i></p>

## Contact Info

Visit our website to learn more about our programs or email Coach Lana at [lane@twostepsforwardconsulting.com](mailto:lane@twostepsforwardconsulting.com). And remember, you deserve to feel happy at work!