



Allison Burt

offering a safe and creative space for individuals, groups, and teams to explore, learn, problem solve, and grow

WHO I AM



I am a coach, educator, educational leader, and life-long learner - in no particular order.

My mission is to support individuals in their professional growth and well-being to help them develop and flourish in their professional lives.

What topics are people coached on?

- sorting through challenges
- leading and managing change
- exploring career options
- navigating uncertainty
- preparing for a difficult conversation
- handling conflict
- improving interpersonal skills
- giving feedback
- setting boundaries

WHO YOU ARE



You are a professional, executive, or manager looking to explore, learn, problem solve, and grow.

You believe wholeheartedly in personal growth and are looking for a way to maximize your personal and professional potential.

- improving health and well-being
- planning for succession
- managing complex relationships
- starting a new role
- improving confidence
- dealing with stress or overwhelm
- organizing and leading a new project
- rediscovering joy at work
- avoiding thinking traps

WHAT WE CAN DO



A coaching partnership can bring out the best in people, uncover strengths and skills, build effective teams, cultivate compassion, and build resilience (Aguilar, 2013).

We can partner for just-in-time support for an immediate challenge or pressing issue that requires your attention, decision, or action. Or we can focus on larger professional goals and leadership skills. Whatever you need.

Let's do this!

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