



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 growth and well-being to help them develop and flourish in their personal and professional lives.

What topics are people coached on?

- exploring career options
- improving health and well-being
- dealing with stress or overwhelm
- improving confidence
- navigating uncertainty
- preparing for the future
- developing effective study strategies
- improving interpersonal skills
- setting boundaries
- developing time management skills
- speaking more effectively in groups
- handling conflict
- sorting through challenges
- avoiding thinking traps
- preparing for a difficult conversation
- managing complex relationships
- starting a new role
- organizing and starting a new project

WHO YOU ARE



You are a student seeking clarity and direction in your personal and professional life.

You want to develop personally, have questions about your next steps, and want to prepare for a successful transition into the professional world.

WHAT WE CAN DO



A coaching partnership can help students uncover their strengths and passions, set clear goals, develop essential skills and strategies, and improve their academic outcomes.

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 educational and professional goals and skills. Whatever you need.

Let's do this!

Allison Burt

Coaching & Consulting

