

April 3, 2007

Dear Kathy,

Thank you so much for volunteering pro bono coaching for attendees of the Michigan Survives coaching event. You and your peers at the coaching professional organization provided a wonderful community service by doing so.

I found our sessions very helpful. You gained an initial understanding of me and my situation very quickly.

It's funny how some of us, when we lose our jobs, seem to forget everything we have learned on the job about project management, and so don't use that knowledge in our job search. You enabled me to realize that I have a lot of skills that I just plain wasn't using towards my search.

You also enforced for me my recent choice to begin focusing more on what I want rather than exclusively focusing on what I know how to do. You recommended a book to help me do that, which I am currently working my way through. You encouraged me with ways to listen to myself to know what I want. I was having trouble figuring out how to apply my "Strengths Finder" strengths and my values to various jobs; you suggested thinking of a job that did not have a particular strength or value as a way of jump starting my thinking, which works for me. You inspired my realization that life is like an Agile software development project, where I am the customer - I have the ability and the responsibility to choose my life and career path.

You reminded me that I can change habits, and through our discussions we thought of two habits that would improve my life which I will cultivate in place of their corresponding unhelpful habits.

Because you brought us together, your other Michigan Survives coachee and I have formed our own 2-person support group for our career activities. We have been calling each other daily to touch base and meeting weekly for two weeks now, which has successfully kept us on track.

I have a person in mind to whom I plan to give your name and contact information. Please also feel free to share this letter on your website.

Thanks again for your coaching!

Jane