Cecilia Hajredinaj
(Rodriguez Gallardo)

Leadership Coach and Founder of **Thrive & Lead by Design, Inc.**

Committed to empowering women and ethnically diverse professionals to overcome barriers to success, achieve their career aspirations and unlock their full potential as leaders.

ABOUT ME

With over two decades of leadership experience in corporate America and more than a decade of coaching professionals and leaders, Cecilia brings a wealth of practical knowledge, strategic insight, and a results-driven coaching framework to every engagement.

Cecilia leverages a solutions-based approach focused on both altering your thinking and encouraging tangible work and progress. While she prioritizes active listening and approaches every interaction with curiosity and compassion, she also believes in the importance of a plan to propel you towards the realization of your vision and goals. This blend of empathy and actionable guidance ensures continuous progress and meaningful outcomes in your journey towards success.

LEADERSHIP DEVELOPMENT SERVICES

We offer dedicated support with the added benefit of a community alongside a framework + tools across a broad spectrum of leadership development areas, from personal growth and communication to career planning.

While our focus is primarily on 1:1 coaching, we understand the importance of nurturing team and group development. We can also tailor workshops and programs designed to ignite synergy and drive results among multiple participants.

1. Personal Empowerment and Development:

- Overcoming Barriers to Success
- Assertiveness and Confidence Building
- Self-Advocacy and Personal Branding
- Behavior, Motivation, and Adaptability

2. Communication and Leadership Presence:

- Leadership Presence
- Negotiation Tactics
- Networking and Relationship Building
- Interpersonal Dynamics

3. Career Planning and Advancement:

- Career Planning and Goal Setting
- Skills Enhancement
- Work-Life Integration

Contact Us to Learn More

RETURN ON INVESTMENT

- Achieve goals & get results
- Increase courage & conviction
- Increase clarity & direction
- Increase self-awareness
- Improve communication skills
- Improve leadership skills
- Enhance productivity & performance

$385—$9,000

- Coaching sessions can be purchased individually or as a package with multiple sessions. Pricing varies based on your needs. We'll discuss options in our initial consultation.

Coaching includes:
- An agreement
- Behavioral insights tools
- 1:1 confidential & purposeful sessions
- A process & tools
- Exercises to complete between sessions
- Access to an online system to assist you with completing assignments
- Access to me & a community of like-minded professionals

SAMPLE ENGAGEMENT

1. Establish a relationship
- Discuss how to best work together
- Understand what you hope to accomplish through coaching
- Leverage behavioral insights tools to gain deeper self-awareness

2. Coaching sessions
Typical coaching engagements involve 6–12 sessions spaced ~2 weeks apart. During our meetings, you can expect to:
- Check-in and discuss your progress
- Review assignments
- Set goals and adjust the plan as needed
- Discuss obstacles, fears, limiting beliefs
- Celebrate wins
- Learn new skills

3. Between sessions
When you're not sitting in a session, you're putting your strategies into action.
- Try new things
- Take note of positive & negative outcomes
- Remain focused on your vision
- Record your actions and insights

4. After sessions
As our time together draws to a close, you can expect to:
- Evaluate your progress
- Acknowledge & celebrate your accomplishments
- Establish an action plan for living your post-coach life

We can always re-engage as your needs change or shift.

READY TO UNLEASH YOUR FULL POTENTIAL AND LEAD WITH PURPOSE?

Schedule a complimentary consultation today to explore how Cecilia can empower you to thrive & lead.
Click on the calendar or go to the main website.

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www.thriveleadbydesign.com