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WHAT DO YOU KNOW ABOUT COACHING?

The International Coaching Federation defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. As an ICF Coach, I apply this definition to my understanding of coaching and its effectiveness in helping individuals and organizations achieve goals and overcome obstacles through the coaching process.

Coaching is not therapy, consulting, mentoring, or advising. I will not tell a coachee what to do. However, I will allow my clients to explore, experiment, and discover their strengths and capabilities while empowering them to find answers or resources to live their best lives. As your coach, I aim to use evidence-supported coaching tools and approaches to help you attain your highest potential. Likewise, I implement proprietary tools with an individualized, whole-person view, to help you harmonize your life, achieve goals, or cultivate awareness to ensure optimal personal and professional outcomes.

Why Work with Me?

As your dedicated growth architect, I specialize in helping you break through barriers, overcome self-doubt, and create lasting positive change. Through evidence-based coaching methods and my unique, culturally receptive approach, I'll partner with you in

discovering how to navigate workplace challenges, build confidence, and achieve your definition of success.

Key Benefits of Your Coaching Journey:

- Gain clarity and overcome imposter syndrome with proven strategies that build authentic confidence
- Master work-life harmony while advancing your career using practical, actionable tools
- Develop assertive communication skills to navigate interpersonal dynamics and advocate for yourself
- Create sustainable personal growth habits that align with your values and life goals
- Access exclusive proprietary frameworks explicitly designed for your empowerment and success

About My Signature Frameworks:

The **Jasiri Kweli™ Coaching** approach helps you address limiting beliefs and stand confidently in your truth, especially when facing microaggressions or marginalization. The **PARA™** framework guides you through being present and making decisions. My **MIND™** model offers a way to ground yourself as you process thoughts, emotions, and feelings before taking action.

I understand the unique challenges women, BIPOC, emerging leaders, and working professionals face in the workplace, or balancing personal and professional demands. What sets me apart is my ICF-accredited, trauma-informed approach, which combines cultural responsiveness with evidence-based techniques. Together, we'll create a personalized roadmap to help you become the confident, successful architect of your growth.

Would you like to explore how we can work together to unlock your highest potential? Schedule a [Discovery Session today!](#)