



LIFE DESIGN FOR

Lawyers

Individual Coaching
Packages 2020

Success Coaching Program for Lawyers

ABOUT CHARLOTTE SMITH



WHO I WORK WITH

I partner with lawyers & attorneys in the US, UK & internationally, to enhance performance, and help overcome burnout. My mission is to help lawyers step into a fulfilling life which fits around their career, and their well-being.

MY BACKGROUND

In 2014 I left the law, where I was working as an employment lawyer at a top tier law firm.

I had just been recognized with a 30 Under 30 Award. A few weeks later, I became the youngest person in my firm to be offered partnership. What should have been the pinnacle of my career just didn't feel right.

My internal reality was that while I was great at my job, I was a success junkie and the happiness I did have was attached to achieving goals.

I was on the path to burnout and my trajectory wasn't sustainable.

I knew my "zone of genius" was leading and inspiring individuals to perform at their best.

I trained as an Executive Coach with IPEC (Institute for Professional Excellence in Coaching) and launched my coaching business in Silicon Valley, California. I now work one-to-one with lawyers and attorneys across the globe, supporting them in designing lives which truly work for them.

Outside work, I'm a mother to a 3 year old, a skier, & a wellness enthusiast who launched a top UK food blog & supper club, which was featured on the BBC.



LIFE

DESIGN

FOR

Lawyers

Are you a talented lawyer who feels overwhelmed or frustrated even though you're excelling in your career?

Are you ready to get clear on why you feel stuck and what you really want from life?
Ready to step into the most energized and empowered version of yourself?

I get it. That was me. And I know there's a way to get you there because I did it.

I was offered partnership at a top travel law firm before I turned 30, and to the outside world, I had quickly achieved the career success I had been striving for. But something felt off. The work was challenging and high-level, but I didn't enjoy it anymore. I wasn't happy. I wanted more but couldn't put my finger on what that was.

I know how it feels to be at the top of your game yet deeply dissatisfied. Like something's missing but you can't quite figure out what because there's so much going on in your life and you don't know where to start.

That's why I created the Life Design for Lawyers Program – to simplify and demystify the process of figuring out what you want from life and how to get there, whether that's pivoting to a new role within the legal industry that feels more aligned with your core values, pivoting out of law entirely and starting your own business, or simply making conscious mindset and lifestyle changes to achieve a more balanced and satisfying life.

Areas of Life

CAREER

FINANCES

LEADERSHIP

PURPOSE

WELL-BEING

FUN

GROWTH

HEALTH

NUTRITION

RELATIONSHIPS

PARENTING

Life Design for Lawyers is a 4 month coaching program that will take you from overloaded and stuck to rejuvenated and limitless. All coaching is completely customized to you and your needs and will incorporate my 5-step process for creating your best life.



Stage 1 Self- Discovery

We'll do a deep dive into what's working for you and what isn't, both with your career and life in general. (Because it's all linked.) I create an inviting, objective space for you to unburden the clutter in your mind and make sense of it all. We'll also identify your core values and complete a research-backed assessment to uncover the lenses through which you view life, including what zaps your energy and what invigorates you.

Stage 2 Dream Vision

We dream big here. The kind of dreams you allowed yourself as a child. I'll lead you through an expansive visualization exercise so we can get to what YOU truly want, not what your parents, partner, friends, or anyone else expects of you. And we'll do this with your core values and Energy Leadership Assessment in mind.

Stage 3 Mindset

We acknowledge your inner critic in this step, that nagging voice that fuels fear of failure, imposter syndrome, and overwhelm. And then we'll learn how to say ciao to that inner critic and their limiting beliefs. You'll feel a freeing release as we reframe those beliefs and make space for a stronger, more confident, can-do inner voice.

Stage 4. Zone of Genius

Now we're ready to home in on your unique Zone of Genius, that sweet spot where what you're naturally amazing at aligns with your purpose. I'll ask targeted questions to help you uncover and embrace your unique Zone of Genius.

Stage 5 Action

We'll create a transformative yet realistic Life Blueprint Workflow to achieve your goals. Step by step, I'll walk you through the inspired, forward action that will allow you to create that happy and fulfilled life you're so ready for. And I'll provide the accountability and support you need to ensure your success. Expect your life to look completely different in the best possible way in the 4 months of us working together.

COACHING PROGRAM



One-to-One Coaching
4 Month Program
\$4,500

LIFE DESIGN FOR LAWYERS

Typical Program

Life Design for Lawyers includes 3 one-on-one Zoom coaching sessions every month plus follow-up coaching notes, regularly updated Asana workflows and video trainings to support the implementation of your Life Design action plan, practical homework to keep you on track with your goals, and unlimited email and voice note check-ins to keep you accountable.

Life Design for Lawyers provides the most comprehensive support for the high-achieving lawyer looking to change their life. This isn't just career coaching or mindset work. I meet you where you are and provide holistic life design coaching bespoke to you and your specific needs.

The investment for this 4-month program is \$4,500 – a commitment that reflects the serious life-altering transformation you'll get when we work together to reimagine and reinvigorate your life.

Included:

- 11 x 60 mins coaching sessions
- 1 x 90 mins Energy Leadership Index Assessment
- Coaching notes & unlimited telephone support & email support
- Trainings bespoke to your pathway
- Core Values Assessment (Value \$225)
- Life BluePrint Workflow in Asana (Value \$450)

All meetings are via Zoom unless otherwise requested.

GET STARTED TODAY 

e: charlotte@charlotte-smith.com
t: +1 (408) 656 1986

COACHING PROGRAM



By Application Only

\$9,795

VIP RETREAT DAY

Get all the benefits of a 3-month coaching program, in this intensive VIP Package. Hand-selected at a premium resort on the world famous 17 Mile Drive, come to this beautiful location and get unstuck, then get seriously refreshed and inspired in most uplifting way.



In this all day in-person coaching immersion, at Spanish Bay, Monterey or at a location of your choice. We will head to a relaxing location and dive deep into what's holding you back from living the life you desire.

Your Day

- Lenses You See Through Debrief (9.00am-10.30am)
- Core Values Assessment (10.30-11.00am)
- Deep Dive Coaching (11.00-12.00pm)
- Nutritious Lunch on Patio, with Pacific Views, Included
- Deep Dive Coaching(2.00-5.00pm)

After the VIP Day

- 3 x 60 minute coaching sessions (Value \$1,125)
- Coaching notes & follow up telephone & email support
- Life BluePrint Workflow (Value \$450)
- Life Design Self-Discovery Bullet Journal (Value \$50)

Wellness Retreat & Concierge add-ons are available.

*Additional costs may be applicable for other location to take into account travel and meeting location fees.

COACHING PROGRAM

IDENTIFYING YOUR LEADERSHIP LENSES

30 min: Deep Dive Coaching Session

60 min: Energy Leadership Index Assessment Debrief

Listed as one of Forbes Top 10 Assessments, you will receive the Energy Leadership Assessment and Debrief, 60 mins, combined with a 30 mins strategy session to help you get unstuck and release the blocks that are holding you back from stepping into a life you love, this is a great taster package to get started on your coaching journey.

\$475.00

ONGOING COACHING

As a graduate of The Life Design For Lawyers Program, you have access to monthly coaching support:

3 x 60 mins Monthly Coaching Package

\$750 per month

2 x 60 Minute Monthly Coaching Packages

\$550 per month

1 x 60 Minute Session

\$375 per session

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Testimonials

Charlotte's coaching program delivered everything it promised and far more. The process had a wide ranging positive effect on every single aspect of my life and the impact of the shift in my mindset and behaviours continues to deliver benefits for me across both personally and professionally. I am able to do so much more with the time I have available to me and I feel extremely satisfied with the changes that have been brought about as a result of undertaking this personal development. Charlotte is extremely approachable and guides you through in a considered and effective way without pressure or judgment. I cannot recommend this investment in yourself highly enough.

– Client, Lawyer
Global Director UK

"After my first executive coaching session with Charlotte, I felt empowered, excited, and energized! Charlotte was unique in her ability to capture and unearth my fears and obstacles, and she helped me find the confidence and courage to start making some bold and overdue changes. Charlotte guided me to develop action steps so that I can live a more authentic, satisfying, and happy life. I'm grateful that I found her!"

– Client, Attorney,
West Coast, USA

"I did the Energy Leadership Index with Charlotte as a part of our regular coaching relationship and it was incredibly illuminating. Charlotte is a wonderful coach that has a listening ability above most people I know. This instrument sets the tone and language for current state and coaching moving forward but Charlotte is the star here. Most professionals I know could use a Charlotte in their lives.

– Client, Business Function, Netflix

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