



RAKESH VERMA
COACH & MENTOR



Career **REBOOT RISE** **Program**

**A 12 Week practical career
mastery program**

Presented By
Coach Rakesh Verma



Realign. Reflect. Rise
designed for mid-career professionals
seeking purpose and clarity.



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Our Website
www.coachrakeshverma.com

**Contact
Information**

Program Overview



Objectives

Career Reboot is a 12-week structured coaching program designed to help mid-career professionals to pause, realign, and rise.

It's built for individuals who feel stuck, underutilized, or uncertain about their next move — and are ready to regain clarity, confidence, and purpose.

Rather than offering one-size-fits-all advice or quick-fix solutions, this program offers a deeply personal journey that integrates reflection, mindset work, and strategic career planning.

Whether you're aiming for a promotion, pivoting to a new role, or seeking more meaning in your career — this reboot gives you the tools and structure to do it right.

Deep Clarity with Confidence

Unlock Your Unique Edge

Break Free from Internal Blocks

Craft a Bold Career Blueprint



Program Overview



▶ What is the Career Reboot Program?

The Career Reboot Program is a structured 12-week coaching journey that helps mid-career professionals step out of stagnation and step into purposeful growth. It's built to help you reflect deeply, reset your direction, and reignite your drive — with a clear action plan in hand.

▶ Who is it for?

This program is ideal for professionals who:

- Feel stuck or underwhelmed in their current role
- Are considering a career pivot or leadership leap
- Seek greater clarity, confidence, and alignment with their personal values
- Are ready to pause, reflect, and relaunch with intention

▶ Why it matters ?

In a world where success often runs on autopilot, this program gives you the space — and structure — to realign your career with who you truly are. It empowers you to break limiting patterns, build clarity, and make bold decisions that lead to a more meaningful and fulfilling professional life.



12 Week

Module Structure



The Career Reboot Program is a 12-week coaching journey designed for mid-career professionals seeking clarity, confidence, and direction. Through structured reflection and personalized guidance, participants break free from stagnation and design a purposeful next chapter in their careers.



WEEK 1–3: Break Patterns & Define Your Destination

Focus Area: Visioning, Goal Clarity, Pattern Awareness

Objectives:

- Reflect on career journey, identify recurring patterns
- Clarify long-term aspirations and core motivators
- Set SMART, PURE, and CLEAR goals

Tools & Activities:

- Career timeline mapping
- Pattern interruption worksheets
- Goal-setting matrix
- Vision anchoring exercise



WEEK 4–6: Assess Reality & Discover Inner Resources

Focus Area: Awareness, Strength Discovery, Values Mapping

Objectives:

- Identify internal blocks: beliefs, values, emotional drivers
- Uncover strengths, skills, and energy zones
- Assess organizational/cultural/environmental dynamics

Tools & Activities:

- Strengths & values inventory
- Limiting beliefs identification
- Current reality audit framework



WEEK 7–9: Strategize & Expand Possibilities

Focus Area: Career Design, Option Mapping, Strategic Planning

Objectives:

- Explore bold alternatives (roles, industries, pathways)
- Identify feasibility, trade-offs, and alignment with goals
- Start outlining a reboot strategy

Tools & Activities:

- Possibility mapping board
- Career option radar
- Risk-benefit analysis tool
- Role-model emulation exercise



WEEK 10–12 : Reflect, Refine & Sustain Growth

Focus Area: Define reboot plan, hand holding to support, review & monitor to sustain momentum

Objectives:

- Create a personal career playbook
- Identify support systems, accountability structures
- Build resilience habits and review cycles

Tools & Activities:

- 90-day action blueprint
- Commitment contract (0–10 scale)
- Habit builder & progress tracker
- Weekly review rituals & reflection prompts



What You Receive Along the Way

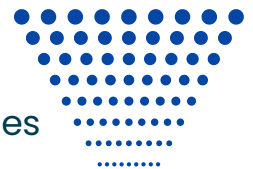
Practical tools to support you—before, during, and after the journey:

- Pre-boarding & Post-Session Reflection Guides
- Outcome-Oriented Goal Setting Manual
- Values Alignment Toolkit
- Know Yourself to Grow Yourself Framework
- Career Introspection Tools
- Two Leadership E-books
- PLUS 3 Complimentary Monthly Sessions after completing the journey

How These Tools Help

These companions are designed to help you:

- Reflect meaningfully on your aspirations and growth opportunities
- Turn broad goals into aligned, actionable steps (SMART + PURE)
- Capture insights and maintain momentum
- Track progress and reorient when needed



Think of them as gentle guides, not pressure. The real shift unfolds in the coaching space we co-create—through trust, curiosity, and presence.

Program

Methodology & Framework



▶ Coaching format

- 12 personalized 1-on-1 sessions (60–90 mins each)
- Virtual or hybrid delivery — flexible to your schedule and location
- Custom tools and exercises shared between sessions
- Ongoing support through check-ins and progress tracking

▶ The Coaching Approach

Blending strategic insight with deep empathy. The approach combines reflective inquiry, mindset work, and structured planning — so you don't just gain clarity, but walk away with a career blueprint you can act on with confidence.

Key Outcomes

What You'll Gain

▶ By the end of the 12-week journey, participants walk away with:

▶ **Clarity on Career Direction**

A sharper understanding of what truly matters — and where to head next.

▶ **Renewed Confidence**

Greater self-belief backed by a clear narrative of your strengths, values, and achievements.

▶ **A Bold, Personalized Action Plan**

Not just ideas — but a structured, realistic blueprint for your next career move.

▶ **Freedom from Limiting Patterns**

Awareness and tools to overcome inner blockers like imposter syndrome, fear, or doubt.

▶ **Sustainable Momentum**

Habits, routines, and accountability systems to keep you progressing well beyond the program.



About Coach Rakesh Verma



Rakesh Verma is personal, career and leadership growth coach and mentor with over 30 years of corporate leadership experience. His mission is to support mid-career professionals, business owners, and leaders in navigating life's challenges and unlocking their potential. He specializes in fostering self-leadership, life mastery, and self-sufficiency through personalized coaching sessions.

With extensive experience in the building materials multinational organisations serving construction industry. Coach Rakesh Verma has successfully established and grown businesses, led cross-functional teams, and implemented strategic change initiatives. His blend of corporate wisdom and coaching expertise makes him a trusted guide for professionals seeking growth and clarity.



Coaching Approach & Philosophy

He empowers his clients to:

- Navigate life, career and leadership transitions with confidence and clarity.
- Achieve personal and professional goals using structured coaching models like TGROW, 7-Step Goal Setting, and the Wheel of life.
- Develop self-awareness and overcome growth blockers using NLP, Mindfulness, Value alignment, Career journey and strengths introspection techniques

Importance of Continuous Learning

As a coach, Rakesh is known for his empathetic approach and ability to challenge clients to unlock their potential. His coaching sessions are customized to the unique needs of each client, ensuring measurable progress and sustained growth.



BE from NIT SURATHKAL



MBA from SMU



PGDMM from IGNOU



ICF Coach (Level 2, PCC Path)



IBPCT NLP Practitioner



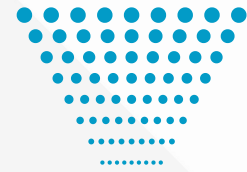
Happitude Certified
Mindfulness Coach




Completed Landmark forum programs, including Landmark Basic, Advanced, and Self-Expression and Leadership.



How to Get Involved



Steps to Enroll in Training Programs

- Getting started is simple — and personal.
- Book a Discovery Call
- Let's connect 1-on-1 to understand your career goals and see if the program is the right fit for you.
-  [Book Here](#)
- Explore the Program Details
- During the call, we'll walk you through the structure, methodology, session flow, and answer any questions you have.
- Confirm Your Slot
- Once you're ready, select your preferred coaching format (virtual or hybrid) and schedule your start date.
- Begin Your Reboot Journey
- Kick off your 12-week transformation with personalized coaching and proven frameworks designed to get you back in motion — with clarity and confidence.

Contact Information

For any questions about the training program, please reach out to:

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