# The Evaluate Programme

*Six sessions.*
*A career designed to feel right for you.*

THE PROGRAMME

# Six sessions. Create your next chapter.

Each session has a purpose. Each produces a document. The programme narrows from broad excavation to clear next steps built entirely from your own thinking.

## Examine

SESSIONS I · II

### I

### Current State

Where are you, really? Not the version you present, the one you live with.

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Current State Document

### II

### Energy Anatomy

What feeds you. What depletes you. Named with precision for the first time.

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Energy Anatomy Map

## Evolve

SESSIONS III · IV

### III

### Values Inventory

What matters to you now, not ten years ago, not on paper. Now.

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Values Inventory

### IV

### Constraints and Possibilities Map

What is genuinely fixed and what only feels that way from inside. Then your real options, examined without flinching.

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Constraints and Possibilities Map

## Evaluate

SESSIONS V · VI

### V

### Decision Criteria and Direction Statement

Not what to choose. How to choose, so the decision holds. Then what you are going to do, and why.

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Decision Criteria and Direction Statement

### VI

### The Evaluate Plan

The complete dossier, assembled. The decision made properly.

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The Evaluate Plan

Sessions are spaced four to five weeks apart.
The programme works at the pace real thinking requires.