

[Program guide](#) · [Career coaching](#)

Career Coaching Program

Eight sessions that combine reflection with practical action, for promotions, career changes, leadership moves and senior job searches.

FORMAT

8 sessions · 1:1

FOR

Mid-level to senior

PRICE

From €450 / 5 sessions

Book a free consultation →

fluentintechcoaching.com/career-coaching

Clarity first, then execution.

Most career problems aren't solved by a better CV alone. They're solved by knowing what you want next, understanding what you bring, and turning that into a strategy you actually carry out.

This program is for mid-level to senior professionals in tech who are aiming for a promotion, a leadership role, a career change or an executive-level position. Each session pairs structured reflection with a practical step you take before the next one.

THE PROGRESSION

Eight sessions.

#	SESSION	WHAT WE WORK ON
01	Career assessment & goals	Where you are, what's working and what isn't, and what you want the next 12 months to change
02	Values, strengths & motivation	What energizes you, what you're genuinely strong at, based on evidence, not personality labels
03	Career strategy & positioning	Target roles and companies, the gap between today and the target, and how to close it
04	Executive communication	Your 60-second introduction, leadership stories and presence in meetings
05	Leadership & influence	Stakeholders, delegation, influence without authority and the leader you want to be
06	Networking & personal brand	LinkedIn, CV and portfolio, and a network map by influence and relationship strength
07	Interviews & negotiation	Mock interviews, PAR stories, panel simulations and salary negotiation role-play
08	Your 90-day action plan	Priorities, milestones and the habits that keep you moving after the program

Topics we can go deeper on

- Goal setting and career planning
- CV and personal branding
- Interview preparation
- Networking and relationships
- Job search strategy and market research

- Professional development planning
- Workplace challenges and politics
- Leadership development
- Career transitions and pivots
- Industry knowledge and trends

- Salary negotiation and advancement
- Skills assessment
- Feedback and performance
- Work-life balance and wellbeing
- Confidence and imposter syndrome

THE TOOLKIT

Exercises we use.

Every session draws on practical exercises. These are some of the most effective:

Self-awareness

- **Career timeline:** successes, failures and turning points; look for patterns
- **Peak experiences:** five moments work felt most rewarding, and why
- **Energy audit:** rate recurring tasks from +5 (energizing) to -5 (draining)
- **Values ranking:** autonomy, pay, impact, learning, prestige, flexibility, stability
- **Feedback analysis:** patterns in reviews and recurring compliments

Career direction

- **Ideal workday:** describe a Tuesday three years from now
- **Career vision:** where you want to be in five years, in detail
- **Decision matrix:** compare offers or paths against weighted criteria
- **Regret minimization:** what would you regret not doing in five years?

Executive presence & communication

- **Leadership stories:** influence, conflict, innovation, resilience, told with PAR
- **Meeting review:** speaking time, influence, interruptions, clarity
- **Message simplification:** a complex topic in one clear minute
- **Difficult conversation planning:** script it before you have it

Career strategy

- **Opportunity funnel:** networking, applications, referrals, interviews, offers
- **Personal brand audit:** LinkedIn, CV, portfolio, online presence
- **Network mapping:** contacts by influence and relationship strength
- **Gap analysis:** your skills vs. the target role

Leadership & performance

- **Delegation exercise:** what should you stop doing yourself?
- **Influence map:** who shapes the decisions that matter
- **Start / stop / continue** and a weekly reflection: win, challenge, lesson, priority
- **Time audit** for one week

Confidence & transitions

- **Evidence log:** a running record of accomplishments
- **Imposter syndrome reframe:** replace assumptions with evidence
- **Fear setting:** worst case, prevention and recovery
- **Transferable skills map** and a target company scorecard

INVESTMENT

Pricing.

One-to-one sessions of about an hour on Google Meet, in bundles of 5, 10, 15 or 25. The eight-session plan fits in a 10-session bundle, with time left for a mock interview or your offer negotiation. 25 sessions is the full program: two sessions a week for about 12 weeks, and you can pay for it in 2 or 3 instalments. Sessions can be used as fast as you need.

BUNDLE	PRICE	PER SESSION	YOU SAVE	VALID FOR
5 sessions	€450	€90	Starting price	3 months
10 sessions	€850	€85	€50	3 months
15 sessions	€1,200	€80	€150	6 months
Full program (25 sessions)	€1,875	€75	€375	6 months

Refer someone and get a free session: when a person you refer buys a bundle after their free call, I add a free session to your bundle.

Standard in career coaching

A career audit, a review of your CV (European and US formats) and LinkedIn, a job-search strategy for your market, your 2-minute pitch and PAR stories, and advice for the UK, US, Germany, the Netherlands and Switzerland.

Searching actively?

The Career Accelerator is a 12-week program focused on landing your next role: CV, LinkedIn, interviews and negotiation.

Invoices are available for employer reimbursement.

NEXT STEP

Book a free consultation

Tell me where you are now, where you want to be and what's in the way. You'll leave the call with a clear recommendation from me, whether or not we decide to work together.

Book a free consultation →

BOOK

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