



Impact Exploration

Many of us entered the nonprofit and philanthropic sectors to make a difference, we WANT to help. But, overtime, we've drifted away, developed unhealthy habits, lost our boundaries and aren't really sure we'll ever do or be enough to achieve our desired impact. But, it doesn't have to be this way. Change IS possible! This Impact Exploration is intended as a tool to help you consider steps you can take to increase impact for the people you care about most.

- Why do you enjoy helping people?

- Who do you care about helping the most: at work, home and in your community?

- How do you help people at work, at home and in your community?

- What is reducing your ability to help at work, home and in your community?

- How long have you been feeling this reduction?

- Many helpers feel the weight of carrying a lot on their shoulders in all spaces of life. Looking back at this past week:

- When did that weight feel the lightest? What were the circumstances?

- When did that weight feel the heaviest? What were the circumstances?

- What insights did you just develop?

- How could you lean in to the light and out of the heavy in the week ahead?

- It is normal to be hesitant, what feels challenging about leaning out of those areas that feel the heaviest?

- How might the people you care about most be impacted next week by you making those small shifts?

I help exhausted nonprofit and philanthropy professionals expand their impact and remove the weight of the world from their shoulders through effective leadership and personal development coaching. Through my coaching program you will be encouraged that it doesn't always have to be this way, change IS possible, you can lead yourself and the people you care about to greater and lasting impact.

[Schedule a discovery session](#) to discover how you can live lifther and achieve greater impact for those you most want to help!