

Future Fit: Building Your Career Blueprint

Overview

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About Paula A. Bell

Paula Bell is the CEO of Paula A Bell Consulting, LLC. She is a Business Analyst, Leadership and Career Development coach, consultant, speaker, and author with 21+ years of experience in corporate America in project roles including business analyst, requirements manager, business initiatives manager, business process quality manager, technical writer, project manager, developer, test lead and implementation lead. Paula has experience in a variety of industries including media, courts, manufacturing, and financial. Paula has led multiple highly visible multi-million-dollar technology and business projects to create solutions to transform businesses as either a consultant, senior business analyst, or manager. Through her mind, body, and soul consulting business model, Paula helps individuals find their passion, build their brand, and enhance their skill sets through consultations, coaching, and customizable documentation, in hopes of empowering and motivating others and themselves, through a structured journey of self-reflection and awareness as a catalyst for unlimited success.

Paula is originally from Brooklyn, NY. She graduated with a Bachelor of Science in Management Information Systems from Oral Roberts, University located in Tulsa, OK. Paula is currently married and resides in Iowa with her husband and twins (boy/girl). Paula is extremely active in her community as she is the Past President of the Rev. Dr. Martin Luther King Jr. Scholarship Fund which provides scholarships to minorities attending Iowa institutions as well as volunteers for many different community events. Paula also studies and trains in martial arts and achieved her 3rd-degree black belt designation in June of 2022.

in: Business Analysis, Project Management, Leadership Diversity, Equity and Inclusion, Career Development, and Self Improvement

Certifications



Paula holds the following designations:

- **Mind** – Master Life Coach, Certified Life Purpose Coach, Certified Professional Life Coach, Certified Goal Success Coach, Certified Happiness Coach, Certified Career Coach, Certified Diversity & Inclusion Manager coach
- **Body** – Group fitness instructor for high-impact cardio programs and Martial Arts Instructor
- **Soul** – Motivational Speaker, Professional Speaker, Coach, and Consultant specializing

The Problem

According to a study conducted by Pew Research Center on March 20, 2023, only 51% of individuals are satisfied with their overall job. This means 49% of people in 2023 are not satisfied with their overall job. In addition, as I have coached individuals across the globe for over 10 years, I have found that my clients tend to be mid-career professionals who are either in a career rut, desiring a career pivot, or realizing that they are nearing the end of their career and don't know what they want to do with the rest of their life. As I continue to speak with them, I find that the majority of their career has not been personally fulfilling, but rather a way to pay their bills and take care of their responsibilities. Due to this, they have found themselves:

- Mentally fatigued
- Emotionally fatigued
- Physically unwell or unhealthy
- Depressed or experiencing anxiety
- Lacking self-worth and/or confidence

These are just some of the effects that I have encountered while working with clients. This to me is a crisis and some of this can be avoided if individuals start to think about how to navigate their career differently earlier in their life.

Solution

It is imperative to start having career conversations with individuals earlier in their lives so they can navigate their careers strategically instead of figuring it out as they go along. It's important individuals look at their career as a way of fulfillment in their lives opposed to just a way to pay the bills. Working in toxic environments or environments that do not serve them will cause dire consequences. My programs create a reusable and sustainable approach to career advancement and development that can be leveraged earlier in the lives of individuals to live a more fulfilling life to increase job satisfaction.

My Programs

Paula A. Bell Consulting, LLC has tailored her adult career development program into 2 separate programs for high school and college age students (please note the college program is applicable for any college aged student). The college program covers the same topics as the high school program with 3 additional focused topics to really set the strategy in place for where a college student would be in their life. The programs follow a structured that first starts with self-reflection and moves into marketability, education and execution to obtain the jobs you desire in your career. Further along in this document the program topics, key take-a-ways and outcomes are defined.

What makes Paula A. Bell Consulting, LLC unique?

You may wonder what makes my program different from other programs that are out there.

1. **Effective Strategies that WORK:** All the strategies I teach I have used to advance my career in Corporate America. My progression has been from junior Business Analysis to Senior Business Analyst in 3 months, Senior Business Analysis to Requirements Manager in 2 years, from there I moved into a Business Process Quality Manager role, Business Initiatives Manager, Business Support Manager, Business Execution Senior Manager, and Director of Operations. I have been in all of these roles for 15 years while operating my own business.
2. **It's A Journey:** My approach is to take every individual I encounter on a journey where they are true to themselves and obtain the fulfilling life they desire on their terms and on their timetable. This is a marathon not a sprint but an effective marathon of strategy.
3. **One Stop Shop:** I have spent a lot of time educating myself on how to effectively serve my clients by meeting them where they are and getting them to where they want to go. Even if I start coaching a client in career development and find there is an opportunity to analyze specific areas in their life that are hindering them, I can switch over to life coaching without the client needing to find another coach.
4. **Leverage Martial Arts Concepts:** As a third-degree black belt, I have learned how powerful the mind truly is, and leveraging concepts from martial arts is a great way to help those I serve stay grounded.
5. **Accountability:** There are a lot of templates and programs out there that will teach you how to craft a resume or prepare for an interview, but I go one step further by providing accountability services that allow those I serve to never feel alone. I continue to travel the journey with them.

These 5-factors working together have made my approach to training and coaching effective and successful.

Testimonials

"I was looking to move my career to the next level, I had been working with the same company for 5 years so I was a very rusty and my CV was slightly dated. Paula revamped my CV, prepared me for interviews and sharpened my interview skills. She did more than that, she gave me strategies I could use to ace any interview. Previously I would walk into interviews so nervous not knowing what to expect, which almost stopped me from applying for good roles. Paula worked with me on my weaknesses in interviews, the mock interviews were very beneficial and valuable plus you get feedback after each interview. I now go into interviews with confidence and in control each time. This was a worthwhile investment for me. Paula Bell is now my Career Mentor."

- **Toyin E, London**

"I would highly recommend working with Paula Bell. I so appreciate her professionalism, and efficiency. She is a wealth of knowledge when it comes to the Business Analyst job role, and interviewing techniques. If you want to increase your success rate in impressing a hiring manager, I would highly recommend mentoring sessions with Paula!"

- **MK, USA**

Services offered for Youth in High School

Time	Topic	Sub Topic	Description	Key Takeaways & Outcomes
1 hour	Personal Branding	Brand Brilliance: Unleash Your Professional Persona	Unlock the power of your unique identity with my dynamic one-hour workshop, "Brand Brilliance: Unleash Your Professional Persona". In this fast-paced session, you'll learn the essentials of distilling your professional essence into a concise and impactful statement that sets you apart.	<p>Key Takeaways</p> <ul style="list-style-type: none"> • Understanding Personal Branding • Identifying Your Unique Value • Crafting a Compelling Brand Statement • Tailoring for Different Audiences • Interactive Q&A and Feedback • Quick Tips for Implementation <p>Outcome Personal Brand Statement</p>
		Mastering Your Professional Narrative	Embark on a journey of self-discovery and professional empowerment with my intensive one-hour workshop, "Mastering Your Professional Narrative." In this focused session, I'll guide you through the art of crafting a compelling and authentic story that captivates your audience and leaves a lasting impression.	<p>Key Takeaways</p> <ul style="list-style-type: none"> • Unleashing the Power of Your Story • Identifying Key Story Elements • Structuring Your Narrative for Impact • Crafting Elevator Pitches and Introductions • Building Connection Through Your Narrative

Time	Topic	Sub Topic	Description	Key Takeaways & Outcomes
				<ul style="list-style-type: none"> Interactive Storytelling Exercises <p>Outcome Personal Elevator Pitch</p>
1.5 hours	Resume Planning	Resume Resonance: Shaping Your Story for Success	Elevate your career prospects with my dynamic 90-minute workshop, "Resume Resonance: Shaping Your Story for Success." Dive into the art of crafting a compelling resume that goes beyond a mere document and becomes a powerful narrative of your professional journey.	<p>Key Takeaways</p> <ul style="list-style-type: none"> Understanding the Resume as a Story Identifying Key Achievements Crafting a Strong Professional Summary Tailoring for Specific Roles Visual Impact and Readability Interactive Resume Building Exercises <p>Outcomes</p> <ul style="list-style-type: none"> Tips & Techniques on how to create an effective resume that effectively markets you Components of a resume to include optimization for Application Tracking systems
		Navigating Success with Confidence	Crack the code to job search success with my focused 60-minute workshop, "Navigating	<p>Key Takeaways</p> <ul style="list-style-type: none"> Understanding Job Posting Language

Time	Topic	Sub Topic	Description	Key Takeaways & Outcomes
			Success with Confidence." In this session, I'll guide you through the art of effectively and strategically analyzing job postings to enhance your application strategy.	<ul style="list-style-type: none"> Identifying Core Competencies Tailoring Your Application Strategic Keyword Integration Addressing Implicit Requirements Interactive Job Posting Analysis <p>Outcome Job Dissection - Techniques on how to effectively analyze a job posting</p>
1 hour	Resume Creation	Mastering the Art of First Impressions	Engage in a real-time resume writing exercise where you'll apply the concepts learned. Receive instant feedback and guidance to ensure your draft resume is on the right track.	Outcome Draft of resume
1 hour	Interview Planning	Interview Impact: Your Guide to Confident Conversations	Empower yourself for interview triumph in my interactive session, "Interview Impact: Your Guide to Confident Conversations." This one-hour workshop is designed to equip you with the skills and strategies needed to effectively prepare for interviews, ensuring you shine in any professional setting.	<p>Key Takeaways</p> <ul style="list-style-type: none"> Understanding Interview Dynamics Strategic Research Techniques Crafting Impactful Responses Handling Behavioral Questions

Time	Topic	Sub Topic	Description	Key Takeaways & Outcomes
				<ul style="list-style-type: none"> • Effective Body Language and Communication • Interactive Interview Preparation Exercise <p>Outcome Techniques on how to effectively plan for an interview</p>
1.5 hour	Interview Execution & Follow-Up	Next Level Interviews: Executing Flawlessly, Following Up Effectively	Elevate your interview game and leave a lasting impression with our interactive session, " Next Level Interviews: Executing Flawlessly, Following Up Effectively." In just one hour, you'll gain essential skills on how to execute a successful interview and follow up strategically for continued success.	<p>Outcome Mock interviews and how to follow-up after an interview</p>

Total: 6 hours of programming that can be broken up in a flexible way for the youth to consume the information

Services offered for College

Time	Topic	Sub Topic	Description	Outcomes
1 hour	Purpose Identification	Purpose Clarity: Unraveling the Threads of Your Life's Mission	Embark on a profound exploration of self-discovery and purpose with our interactive session, "Purpose Clarity." In just one hour, you'll unravel the threads of your life's mission, gaining insights into your passions and values to create a meaningful and purposeful direction for your journey.	<p>Key Ingredients</p> <ul style="list-style-type: none"> • Understanding the Essence of Purpose • Identifying Personal Passions • Clarifying Your Core Values • Setting Intentional Goals • Creating a Purpose Statement • Integrating Purpose into Daily Life <p>Outcome Purpose statement</p>
1.5 hours	Personal Branding	Brand Brilliance: Unleash Your Professional Persona	Unlock the power of your unique identity with my dynamic one-hour workshop, "Brand Brilliance: Unleash Your Professional Persona". In this fast-paced session, you'll learn the essentials of distilling your professional essence into a concise and impactful statement that sets you apart.	<p>Key Takeaways</p> <ul style="list-style-type: none"> • Understanding Personal Branding • Identifying Your Unique Value • Crafting a Compelling Brand Statement • Tailoring for Different Audiences • Interactive Q&A and Feedback • Quick Tips for Implementation

Time	Topic	Sub Topic	Description	Outcomes
				<p>Outcome Personal Brand Statement</p>
		Mastering Your Professional Narrative	Embark on a journey of self-discovery and professional empowerment with my intensive one-hour workshop, "Mastering Your Professional Narrative." In this focused session, I'll guide you through the art of crafting a compelling and authentic story that captivates your audience and leaves a lasting impression.	<p>Key Takeaways</p> <ul style="list-style-type: none"> • Unleashing the Power of Your Story • Identifying Key Story Elements • Structuring Your Narrative for Impact • Crafting Elevator Pitches and Introductions • Building Connection Through Your Narrative • Interactive Storytelling Exercises <p>Outcome Personal Elevator Pitch</p>
		Personal Career Architecture: Blueprinting Your Way to Success	Embark on a transformative journey of self-discovery and career empowerment with our interactive session, "Career Architect: Blueprinting Your Way to Success." In just one hour, you'll learn the essential strategies to craft your personal career architecture, paving the way for a successful and fulfilling professional journey.	<p>Key Takeaways</p> <ul style="list-style-type: none"> • Understanding Your Professional Landscape • Setting Clear Career Goals • Mapping Your Skills and Strengths • Aligning with Your Values: • Creating a Personal Career Blueprint • Adapting to Changing Landscapes

Time	Topic	Sub Topic	Description	Outcomes
				<u>Outcome</u> Personal Blueprint
1.5 hours	Resume Planning	Resume Resonance: Shaping Your Story for Success	Elevate your career prospects with my dynamic 90-minute workshop, "Resume Resonance: Shaping Your Story for Success." Dive into the art of crafting a compelling resume that goes beyond a mere document and becomes a powerful narrative of your professional journey.	<u>Key Takeaways</u> <ul style="list-style-type: none"> • Understanding the Resume as a Story • Identifying Key Achievements • Crafting a Strong Professional Summary • Tailoring for Specific Roles • Visual Impact and Readability • Interactive Resume Building Exercises <u>Outcomes</u> <ul style="list-style-type: none"> • Tips & Techniques on how to create an effective resume that effectively markets you Components of a resume to include optimization for Application Tracking systems
		Navigating Success with Confidence	Crack the code to job search success with my focused 60-minute workshop, "Navigating Success with Confidence." In this session, I'll guide you through the art of effectively and strategically	<u>Key Takeaways</u> <ul style="list-style-type: none"> • Understanding Job Posting Language • Identifying Core Competencies

Time	Topic	Sub Topic	Description	Outcomes
			analyzing job postings to enhance your application strategy.	<ul style="list-style-type: none"> • Tailoring Your Application • Strategic Keyword Integration • Addressing Implicit Requirements • Interactive Job Posting Analysis: <p>Outcome Job Dissection - Techniques on how to effectively analyze a job posting</p>
1 hour	Resume Creation	Mastering the Art of First Impressions	<i>Engage in a real-time resume writing exercise where you'll apply the concepts learned. Receive instant feedback and guidance to ensure your draft resume is on the right track.</i>	Outcome Draft of resume
1 hour	Interview Planning	Interview Impact: Your Guide to Confident Conversations	Empower yourself for interview triumph in my interactive session, "Interview Impact: Your Guide to Confident Conversations." This one-hour workshop is designed to equip you with the skills and strategies needed to effectively prepare for interviews, ensuring you shine in any professional setting.	<p>Key Takeaways</p> <ul style="list-style-type: none"> • Understanding Interview Dynamics • Strategic Research Techniques • Crafting Impactful Responses • Handling Behavioral Questions • Effective Body Language and Communication

Time	Topic	Sub Topic	Description	Outcomes
				<ul style="list-style-type: none"> Interactive Interview Preparation Exercise <p>Outcome Techniques on how to effectively plan for an interview</p>
1.5 hour	Interview Execution & Follow-Up	Next Level Interviews: Executing Flawlessly, Following Up Effectively	Elevate your interview game and leave a lasting impression with our interactive session, "Next Level Interviews: Executing Flawlessly, Following Up Effectively." In just one hour, you'll gain essential skills on how to execute a successful interview and follow up strategically for continued success.	<p>Outcome Mock interviews and how to follow-up after an interview</p>
1 hour	Financial Management	Smart Money Moves: A Guide to Financial Success in 60 Minutes	Unlock the secrets to financial success with our interactive session, "Smart Money Moves." In just one hour, this workshop is designed to empower college students with practical strategies and insights to make informed financial decisions, build a solid foundation, and set the stage for a prosperous future.	<p>Key Takeaways</p> <ul style="list-style-type: none"> Budgeting Brilliance Building and Maintaining Credit Saving Smarter, Not Harder Introduction to Investing Student Loan Wisdom Emergency Fund Essentials Side Hustle Strategies Financial Goal Setting <p>Outcome</p>

Time	Topic	Sub Topic	Description	Outcomes
				Tools and techniques for effective financial planning and management

Total: 8.5 hours of programming that can be broken up in a flexible way for the students to consume the information

Accountability Component

Once the program is over there is an opportunity to engage with my accountability services where I will continue to step with you through the journey to ensure you are successful in executing your career strategy. I have found that having someone there that you can reach out to when scenarios arise who understands your goals and aspirations. Some of the benefits of accountability are:

- **Increased Motivation:** Having someone to share your goals and aspirations with creates a sense of shared responsibility. Knowing that someone is counting on you and vice versa can boost motivation, making it more likely that you'll stay committed to your objectives.
- **Consistent Progress:** I will help you stay on track by providing regular check-ins and updates. This consistent communication fosters a sense of responsibility, encouraging you to make steady progress toward their respective goals.
- **Enhanced Goal Clarity:** Discussing your goals often involves clarifying and refining your objectives. This process of articulating your goals can lead to greater clarity, helping you define specific actions and milestones to achieve success.
- **Objective Perspective:** I will offer an objective viewpoint on your progress and challenges. They can provide constructive feedback, share insights, and help you see situations from a different perspective, leading to more informed decision-making.
- **Increased Accountability:** The clue is in the name – I will hold you accountable for your actions. The commitment to someone else creates a sense of responsibility, making it less likely for you to procrastinate or deviate from your goals.
- **Emotional Support:** Achieving goals often comes with challenges and setbacks. Having someone to share these experiences with can provide emotional support and encouragement. I will become a source of motivation during tough times and a celebratory companion during successes.
- **Building a Culture of Success:** When two individuals actively support each other's goals, a culture of success is cultivated. This mutual encouragement creates a positive and uplifting environment where both partners are more likely to achieve their aspirations.

Pricing

High School Program

(20 students max in the program at a time)

Service	Cost	Comments
Delivery of Program	\$3000	
Materials (Printed Journey Book)	\$680	\$34 per participant

*** No accountability follow through for the high school program

College Program

(20 students max in the program at a time)

Service	Cost	Comments
Deliver Presentation	\$3500	
Materials	\$680	\$34 per participant
Accountability Follow Through	\$247/month	<p>Includes:</p> <ul style="list-style-type: none"> • 2: 45-minute coaching sessions per month • Email support • Private online network • Accountability check-in the weeks of no coaching sessions <p>Note: unused coaching session hours do not roll from month to month</p>