

You're ready to move ahead. You just need a plan and some support.

Do you relate to any of these?

- I want a career that satisfies my soul.
- I want to be more confident and effective.
- My work is challenging and I need help meeting my goals.
- I want to love my work and still have a life.

I invite you to explore coaching. Here's what will happen:

- You'll get warm, practical support to help you move ahead – in your career and in your life.
- You'll learn new skills, gain new insights, and achieve new goals.
- You'll tame your inner critic and learn to trust your own wisdom.

“In working with Lucy, I achieved my goals, then set new, more ambitious goals, and achieved those as well! I learned that change was possible and within reach.” – a client

“Coaching with Lucy has been nothing short of transformational.” – a client



Contact me for a Clarity Session.

You'll gain new insights into your goals and uncover the obstacles standing in your way to success.

Email me at
lucy@lmeadows.com,
call me at 617-322-9622,
or contact me at
www.lmeadows.com.



Lucy Meadows, Career and Life Coach

I'm a career and life coach with 20 years' experience as a manager, leader and entrepreneur. I have helped many employees solve problems and develop their skills. Now I'm a coach and mentor for women who want to thrive in their careers and their lives.

My credentials include Certified Professional Co-Active Coach, Job and Career Transition Coach, and Associate Certified Coach. My degrees are from Brown, in art, and the SIT Graduate Institute, in intercultural management.