



Shea Ki  
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Thank you for your interest in exploring if we are a good fit to work together. Be sure to text me a picture of this filled out form or email the information to me before your 15 minute initial consult.

First + last name:

Email address:

Cell phone/text:

***Every time a woman chooses to upgrade how she communicates about her professional value, WE ALL WIN.***

## Where Do You Need An Upgrade?

- getting clear on my skills, values, and interests and determining where the strengths I bring to the workplace fit best
- easing interview anxiety and performance stress before, during and after being in the hot seat with holistic strategies
- answering interview questions with clear, concise, and compelling responses
- developing and practicing relevant, authentic, and engaging stories about what I offer employers, clients, or other audiences
- staying accountable to my career goals and boosting my well-being at work
- Other, please explain here: