



COACH IT FURTHER  
SHK COACHING

“What will happen  
when we think  
about what is right  
with people rather  
than fixating on  
what is wrong with  
them?”

Don Clifton, Gallup



[www.coachitfurther.com](http://www.coachitfurther.com)



Why Self-Awareness is Key to Career & Leadership Success?

Developing self-awareness is the foundation of effective leadership and career growth. Here’s why:

- Improved Decision-Making: When you understand your strengths, blindspots, and values, you can make more informed and confident decisions that align with your goals
- Increased Emotional Intelligence: Self-awareness helps you recognize and manage your emotions, leading to better communication, stronger relationships, and enhanced team collaboration.
- Greater Adaptability: Leaders or individual contributors who are self-aware can identify areas for improvement, adapt to challenges, and continuously grow, making them more resilient and effective.
- Enhanced Performance: Studies show that individuals who are self-aware perform better at work, are more engaged, and experience higher job satisfaction.

By focusing on self-awareness through strengths-based coaching, you can unlock your potential and achieve both personal and professional success.

Some Facts

- Your Uniqueness is Unmatched: With 33 million possible combinations of Gallup’s 34 strengths, only 1 in 278,000 people share the same top 5 strengths. This underscores the distinctiveness of each individual’s strengths profile.
- Maximize What Comes Naturally: You’ll never excel as much in areas that don’t align with your natural strengths. Focusing on what you do best—what you’re naturally inclined to love and excel at—leads to greater success and fulfillment.
- Many Paths to Success: There isn’t just one way to achieve a goal. Different strengths can be leveraged to reach the same outcomes, allowing you to approach objectives in ways that align with your unique talents.



Introducing Our Strengths-Based Career & Leadership Coaching Program

Our program is designed to support professionals in developing both their career paths and/or leadership abilities by leveraging their natural strengths.

Set SMART Goals

We’ll begin by defining clear, actionable objectives for our coaching journey, ensuring your goals are Specific, Measurable, Achievable, Relevant, and Time-bound.

Gallup CliftonStrengths Assessment & Debrief

Prior to our second session, you will complete the Gallup CliftonStrengths Assessment. Together, we’ll dive deep into your results, helping you fully understand your strengths, learn how to harness them, and apply them effectively in both your professional and personal life.

Address Saboteurs

In the next session, we’ll identify any saboteurs that may be holding you back. We’ll also explore the emotions these challenges create and equip you with tools to overcome them.

Recognize Core Values

In this session, we’ll define your core values, which will serve as guiding principles for your decision-making and actions.

Craft a Mission Statement & Action Plan

With your heightened self-awareness, we’ll develop a personal mission statement that aligns your strengths and values. This will form the basis for your objectives and actions, ensuring that your daily efforts are focused and purposeful.

Ongoing Follow-Up

We recommend starting with a minimum of five sessions. To support your continued growth, we suggest adding monthly follow-up sessions to review progress, tackle new challenges, and refine your action plan. These additional sessions will help you fully integrate your new self-awareness into daily life and work, ensuring long-term success.

"What is necessary to change a person is to change his awareness of himself"

Abraham Maslow



About us

At SHK Coaching, we believe that true success begins with greater self-awareness. Whether you’re a leader or an individual contributor, our strengths-based coaching helps you break free from autopilot and build new habits that enhance both your own potential and that of your team. We focus on what you and your team do best, enabling you to thrive in any environment.

Our coaching programs are rooted in science-backed practices and tailored to your unique challenges. With a global reach, we coach in English, Danish, French, and German, offering personalized support to clients worldwide. Grounded in Gallup’s strengths philosophy, our approach ensures that you leave with actionable insights and a clear strategy to achieve your goals.

With years of corporate experience—particularly in product management—we deeply understand the complexities professionals face. This allows us to deliver coaching that’s not only relevant but also directly addresses the demands of today’s corporate landscape.

