

"Unlocking Your Full Potential: Career Coaching for Thriving in an Ever-Changing Professional Landscape"

Tasha Dee Nassy Barnwell, MBA PMP
Founder, Dreams Made Real Coaching LLC



October 10, 2024

NAAIA NY Tri-State Chapter Career
Leadership and Development Symposium

Tasha Dee Nassy Barnwell MBA PMP



Project Management & Leadership

- 20+ years in the Insurance industry
 - 15 years in Project Management, Business, and Tech
 - PMP, CSM, LSS Yellow Belt, Safe Agilist
 - Wife, Mom, Caregiver, Nana
 - hold several leadership roles
-

Career Coach

Over the years, I've guided numerous colleagues and friends toward successful career paths and personal development. With the guidance of my own mentor, I took my skills forward and started my own business, Dreams Made Real (DMR) Coaching LLC.

Workshop Focus

- Navigating Professional Growth and Transitions
- Building Leadership and Communication Skills
- Setting Short-Term Career Goals

Navigating Professional Growth: Career Growth and Transitions

- Assessing your current position.
- Importance of continuous learning.
- Creating actionable plans.

Before you start planning your future growth, first assess your current situation.

Assessing your current position.

You can't really know where
you are going until you
know where you have been.

Maya Angelou

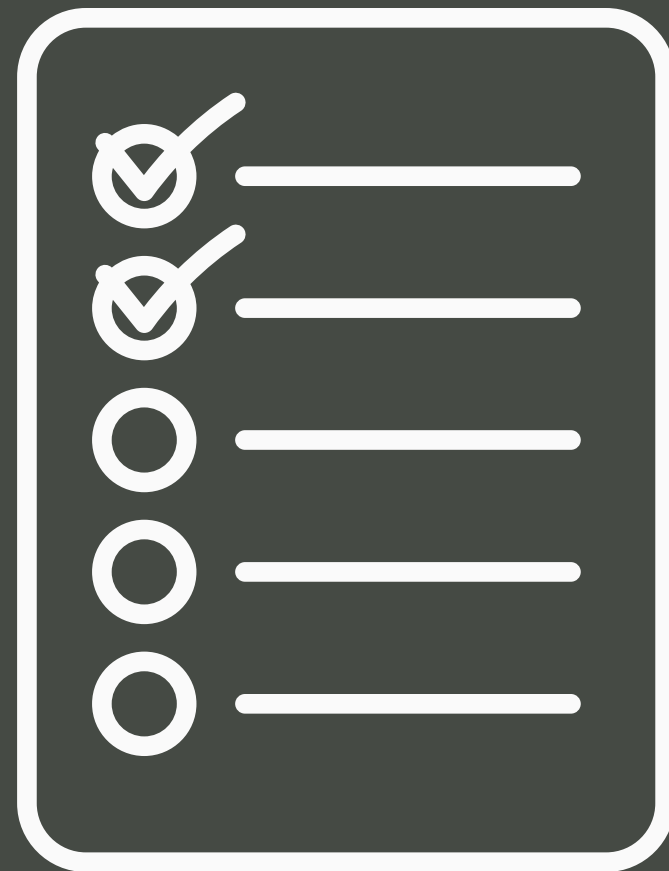
 quote fancy

Importance of continuous learning.

- Degrees
- Accreditations
- Certifications

- LinkedIn Learning
- Coursera
- Udemy

Creating actionable plans.



- 1. Break down into steps**
- 2. Set a time frame**
- 3. Keep track**

“What are three milestones or challenges in your career that have shaped your journey?”

Reflect, then let's share.

Building Leadership and Communication Skills:



Leadership at Every Level

- Developing leadership skills in any role.
- Fostering effective communication across teams.
- Decision-making and Leading through disruption and change.

Developing leadership skills in any role.

What **skills** do you think leaders need to have?



menti.com

470295

Fostering effective communication across teams.



Communication:

The ability to convey information and ideas effectively verbally and nonverbally.

Be Clear.
Be Respectful.
Be Open.
PRACTICE.

**Decision-making and
Leading through
disruption and
change.**



Peter Hancock
CEO 2010-2017

“Peter Hancock Initiative”

Project Integration Manager,
October 2015 – January 2016

Setting Career Goals

One of the key activities in Project Management is Planning. Giving your self a “scope” to work towards can help achieve your goals faster.

- **Creating SMART Goals: Specific, Measurable, Achievable, Relevant, Time-bound.**
- **Focus on short-term goals.**
- **Break down goals into actionable steps.**



**“What is one skill you want to develop in the next 6 months?
What is your first step?”**

Write 1-2 SMART goals and share them with a neighbor.

Key Takeaways

- Building leadership and communication skills.
- Setting and achieving career goals.
- Importance of mentorship and coaching.



Thank you!

**Connect with me for further
mentorship and coaching.**



**[linkedin.com/in/tashadeen](https://www.linkedin.com/in/tashadeen)
www.dmrcoaching.com**