



University of California  
San Francisco

# Coaching for Success: A Workshop for Mid-Level Professionals

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# Agenda

- Introductions, purpose, goals
- Explore Key Questions
- Develop an individual action plan

# Introductions, Purpose and Goals

- Introductions
- Purpose
- Goals

# Key Questions

- What is important to you?
- What does success mean to you?
- What do you want for your future?
- How do you see things now?
- What is next?

# What is important to you?

*“It’s not hard to make decisions when you know what your values are.”*

*~Roy Disney*

# Values

- What are values?
- Why are they important?
- Peak Experience exercise

# Values

- How are you honoring your values in your career today?
- How could you better honor your values in your career?

# What does success mean to you?

*“Define success on your own terms, achieve it by your own rules, and build a life you're proud to live.”*

*~Anne Sweeney*



# What does success mean to you?

- How do you define success?
- How will you know when you are successful?

# What do you want for your future?

*“What you do makes a difference, and you have to decide what kind of difference you want to make.”*

*~ Jane Goodall*

# What do you want for your future?

- What do you want?
- If you weren't afraid of failure, what path would you pursue?
- Five years from now, where would you like to be in your career?

# How do you see things now?

*“I don’t think there is any truth. There are only points of view.”*

*~ Allen Ginsberg*

# How do you see things now?

- What is your current perspective on your career?
- How is it serving you?
- What are some alternative perspectives?
- Which alternative resonates with you the most?
- What is possible from that new perspective?

# What is next?

*“The future depends on what you do today.”*

*~Mahatma Gandhi*

# Taking a Leap!

- Gets you playing bigger now
- Can be finished within 1-2 weeks
- Is a simple action you can describe in a short phrase
- Stretches you out of your comfort zone (and gets your adrenaline flowing!)
- Puts you in contact with the audience you want to reach or influence
- The intent is to learn

Taken from [Playing Big](#) by Tara Mohr

# Action Plan and Accountability

- What three steps will you take?
- When will you take each of the steps?
- Who will you tell?



# Final Thoughts

- Align your career with your values and what is important to you
- Get clear on what you want and what success means to you
- You have a choice about your perspective—choose wisely
- You must take action to get what you want—go for it!
- You are in the driver's seat—it is YOUR career!

# Contact Information

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