



# Capability

STATEMENT



**MINDFUL. CAREER. PATH.<sup>®</sup>**



## Company Overview:

A global organization aligning career coaching and employee development strategies with mindfulness-based stress leveraging practices.

## Our Mission:

Our mission is to inspire and educate with mindfulness at the core: Inspire the answer to your "why" in career clarity & educate to answer your "how" in career development strategy.

## Our Vision:

Our vision is to leave a legacy of career fulfillment for every individual within every institution through inspiration and education.

## Our Purpose:

We create & share in your career "aha" moments. We lead with compassion, communicate with education, and succeed with client accountability.





## **Our Leadership (Founder and CEO):**

### **Alicia Ramsdell, CCSP, GCDF, MST**

Alicia Ramsdell, CCSP, GCDF, MST, is the Founder and CEO of Mindful Career Path, elevating an institution's / client's professional brand through intentional organization / career development plans. Alicia launched Mindful Career Path, just as she began to unite her professional passion and energy with her career in a sincere way. It was at this alignment that Mindful Career Path set its vision and thrived, guiding clients to develop their institution / career stories in a mindfully enthusiastic approach. Coinciding with her own daily meditation practice, she brings a unique holistic approach to career coaching.

Alicia has led successful client engagement with hundreds of institutions (including one of the top five pharmaceutical companies in the world) and individuals (professionals and students). Prior to launching Mindful Career Path, Alicia gained instrumental career development experience as a 15-year corporate industry professional. She co-led undergraduate students in their internship experience, participated in the hiring process of employees, and successfully completed business training courses, including Interviewing Skills, Business Writing, Employment Law and Effective Management Skills. While bringing her desire to work, she pioneered a career development program for young professionals.

She combines her corporate experience with years of higher education experience as an adjunct professor. She continues to be inspired by the career development curiosity of students as she creates workshops blending career interests and mindfulness, and volunteers in mock interviews and resume reviews at local universities.

As a member of the National Career Development Association, Alicia's professional growth continues with her successful completion of the Facilitating Career Development Course. This course is recognized by the National Career Development Association and led to nationally recognized career credentials (including Certified Career Services Provider (CCSP) and Global Career Development Facilitator (GCDF)).

Alicia continues to expand her love and knowledge of mindfulness as a student of the Jon Kabat-Zinn created Mindfulness-Based Stress Reduction (MBSR) course through the UMass Medical - Center for Mindfulness.



Global Career Development  
**FACILITATOR**™



# What we offer:

We offer a combination of career coaching services and digital course product-based solutions. Our unique approach is three-fold: Career Mindfulness, Corporate Mindfulness, and On-Demand Career Development Digital Course(s).

## Details of all three offerings to explore:

### Career Mindfulness:

- ◆ One-on-One Career Coaching for Individuals
- ◆ Both Live and Pre-recorded Meditation Sessions for Individuals
- ◆ Career Documentation Writing – Resumes, Cover Letters and LinkedIn Profiles

### Corporate Mindfulness

- ◆ An Employee Benefits Program building a More Equitable Workplace – Making Companies Better by Leading with People First and Capitalizing on Diverse Backgrounds and Perspectives.
- ◆ One-on-One Employee Development Coaching
- ◆ Group Employee Development Workshops – Focused Efforts in Career Development, Mindfulness, and Future Leadership

### On-Demand Career Development Digital Course(s)

On-Demand Career Development Digital Courses, including career documentation templates, industry expert interviews, meditation sessions, and career development discussions.

### Courses included:

- ◆ Job Search Knowledge
- ◆ Personal Branding
- ◆ LinkedIn Profile
- ◆ Networking
- ◆ Resumes
- ◆ Cover Letters
- ◆ Interviewing
- ◆ Salary Negotiation
- ◆ Mindfulness
- ◆ Career Development Strategies



# Featured Offerings:



## Career Up! Program:

An on-demand, monthly career coaching subscription offering (via an app or desktop), including:

- ◆ Live Career Coach Access
- ◆ Unlimited Access to a Career Coaching Digital Course
- ◆ An 'Ask a CEO/Industry Leader' Feature

## Job Seekers Paradise:

- ◆ Do you know what role you want next in your career?
- ◆ Are you motivated to secure your next career role?
- ◆ Do you want to receive a job offer within 90 days?

➤ If you answered Yes to these -3- questions, then Job Seekers Paradise is the right package for you.

- ◆ Work with Mindful Career Path for -3- months, and if you do not receive an offer within the first 90 days, we will work with you for an additional 90 days at no charge.

- Job Seekers Paradise package includes:
  - Three Career Coaching Sessions (three more if beyond the first 90 days)
  - Access to On-Demand Digital Career Development Course
  - Career Documentation Templates

## Call to Action:

Inspire Your Career. Empower Your Potential.  
Create Your Legacy.

Make Career Fulfillment a Career Reality Today!

**Website:** <https://mindfulcareerpath.com/>

**Book Initial 15-Minute Consultation:**

<https://mindfulcareerpath.com/ola/services/initial-15-minute-consultation>

**Email our CEO:** [aliciaramsdell@mindfulcareerpath.com](mailto:aliciaramsdell@mindfulcareerpath.com)

**Call us:** (781) 258-0399





## Our Clients:

### Individual & Corporate Clients

We engage and inspire institutions to empower their employees' potential, resulting in satisfaction, retention, innovation, and profitability.

We develop career strategy and empower professionals and students' potential with a focus on creating their career legacy.

Mindful Career Path provides career development and mindfulness opportunities powered by institutions, professionals and students' passion and energy. We consider the impact a career has on life and emotional well-being.

Mindful Career Path sets itself apart from other career coaches with its commitment to bringing professional energy into the world. With our clients' motivation and accountability, and Mindful Career Path's investment in career guidance, our clients will have the education, tools and resources in limitless career fulfillment & institutional productivity.

*"If you lack motivation or sincerity, I am the wrong coach for you. I work with those who are committed to move forward and upward."*

~ Dr. Jeff Spencer

# Recommendations:

"One-on-One Career Coaching with a Mindfulness twist! I've been working with Mindful Career Path over the past year as part of the Mindful Career Path Corporate Mindfulness Program. Mindful Career Path has been a great help to my early career development. Not only have the sessions allowed me to visually map out my desired career path and essentials skills & projects to support it; Mindful Career Path has also given me meaningful advice to use in my everyday job. Beyond that, the mindfulness mindset & meditation has reinvigorated my career fulfillment and improved my daily focus. I highly recommend working with Mindful Career Path to set yourself up for future career success!"

"It has been over 11 years since I have updated my LinkedIn profile and resume and connecting with Mindful Career Path was the best thing that I could have ever done! Their level of professionalism combined with their well-developed process made this such a pleasant experience and the results are phenomenal. Mindful Career Path's guidance through our conversations and the formal exercises in the process helped me to figure out the best way to present what I have done and what I can do - that kind of positioning was a game changer for me. I have and will continue to recommend Mindful Career Path to all of my colleagues."

"I was referred to Alicia by a trusted professional because they felt we would immediately connect - they were 100% correct! When going through a career transition it is invaluable to have the right people in your corner, coaching and guiding you through the process. Alicia is one of those people.

From our initial conversation, through the exercises she guided me to complete, to the final finished products (an incredible LinkedIn profile and matching resume), she listened to me and absorbed the "spot on " pieces of information.

Alicia took all of this information and wove it together to create highlights detailing where my career has been to where I want my career to be - all the while presenting my "human side". She is the enthusiastic expert that I am grateful to have been introduced to and look forward to a continued professional relationship!"

"Alicia was referred by one of the most trusted professionals in my life. From my first conversation with Alicia, her passion and positive energy as a career coach was evident. She is a knowledgeable mentor and can guide client's in developing strategies for career growth. I would highly recommend Alicia to any professional &/or organization looking for career clarity and/or a career development strategy, as she is an enthusiastic and experienced career mentor."



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