

Cup the Mentor

Career Momentum Program

A mentoring and coaching experience for clarity, confidence, visibility, and intentional career growth.

Career growth does not have to feel confusing, lonely, or out of reach.

At Cup the Mentor, I help professionals pause, reflect, and move forward with purpose. Through mentoring, coaching conversations, strengths-based reflection, and practical career tools, this experience creates space to clarify your value, strengthen your visibility, and take meaningful next steps.

Why Cup the Mentor

Cup the Mentor is built for professionals who are ready to grow with more intention. The work blends career development, mentoring, confidence-building, communication awareness, and professional storytelling so clients can move from uncertainty to clarity - and from quiet potential to visible value.

Credentials & Professional Foundation

Gallup Certified Strengths Coach

Renewal in progress. Strengths-based development helps clients better understand what gives them energy, where they naturally contribute, and how to align their growth with who they already are.

DISC Certified Professional

Supports communication, influence, collaboration, and self-awareness by helping clients understand their behavioral style and how they show up with others.

Enterprise Leadership & Career Development Experience

Years of experience designing and leading professional growth, leadership development, mentoring, and learning experiences for broad audiences.

Mentor, Facilitator & Growth Strategist

A practical, affirming approach that helps people name what matters, reframe what is possible, and take action with confidence.

A note on certification status

Gallup certification renewal is in progress. The Career Momentum Program is grounded in Shereece's existing mentoring, leadership development, facilitation, DISC certification, and strengths-based experience.

The Career Momentum Program

The Career Momentum Program is a practical mentoring and coaching experience designed for professionals who feel ready for a reset, a next step, or a clearer way to communicate their value. It is especially helpful for people navigating career change, rebuilding confidence, preparing for new opportunities, or wanting to become more visible in the spaces where they already contribute.

Discover

Identify strengths, values, and what matters next.

Understand

Use DISC-informed reflection to understand communication and work style.

Clarify

Shape a clearer career story and visibility message.

Move

Create a focused action plan for intentional next steps.

Who This Is For

- Professionals who feel stuck, overlooked, or unsure about their next career move.
- People who want to build confidence and communicate their value more clearly.
- Mid-career professionals navigating change, transition, or a season of reinvention.
- Emerging leaders or individual contributors ready to grow with more intention.
- Anyone who wants a supportive, strategy-minded space to reflect, reset, and move forward.

What You Can Expect

Career Clarity A reflective look at where you are, what you want, what feels stuck, and what matters most in your next chapter.	Confidence + Visibility Support shaping the way you speak about your strengths, contributions, career story, and professional value.	Momentum Plan A practical action plan that turns insight into next steps you can actually use after the conversation ends.
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Signature Offer Options

Offer	Best For	What It Includes
Career Clarity Session	A first step	A focused conversation to identify goals, obstacles, strengths, and next best steps.
Career Momentum Package	Deeper support	A multi-session mentoring/coaching experience focused on clarity, confidence, career story, visibility, and action.
Professional Visibility Review	Brand support	A review of professional presence, messaging, LinkedIn/profile language, and opportunities to show value more clearly.
Workshops + Speaking	Groups or teams	Personal development, professional growth, communication, confidence, and visibility experiences tailored to the audience.

Ready to Build Career Momentum?

Let us start with one intentional conversation.

If you are ready to get clear, get confident, and move differently, Cup the Mentor is here to support your next step. Your next chapter deserves clarity, confidence, and a little momentum - let us pour into it together.

Cup the Mentor | Career Momentum Program Overview