



The Silenced Strategist Career Compass

Archetype Snapshot:

You've been the glue—the fixer, the backbone, the stabilizer. But somewhere in the trenches, you lost connection to your voice, your vision... and maybe even your joy.

Your Career Truth Right Now:

You're seen as essential, but not always heard as a leader. You've taken responsibility without the authority, and you're exhausted from holding it all together.

What's Holding You Back:

- Over-functioning and under-recognized
- Lack of support, mentoring, or boundary-setting
- Fear of disappointing others if you put yourself first

Your Next Strategic Moves:

- Reconnect to your career voice—not just your leadership role
- Rebuild your vision for what leadership means to you
- Explore off-ramp roles like consulting, vendor relations, or clinical education
- Set goals and boundaries and reclaim space for yourself

Your Coaching Focus:

- Career reinvention with emotional clarity
- Exit planning that honors your legacy
- Leadership redefined by values, not just output
- Pathways into external leadership (vendor, educator, consultant)

Reflection Prompt:

If you weren't busy holding it all together, what would you want your next chapter to say about you?

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