



"Are you looking for balance in your personal or professional life?"
"Are you dealing with the imposter syndrome?"
"Are you struggling with rejection, social rejection and the fear of being judged?"
"Are you doing many things, but still feel unfulfilled and unsatisfied?"
"Are you unhappy in your job or career?"
"Are you having a mid-life crisis?"
"Are you lacking self- confidence or healthy self-esteem?"
"Are you in the middle of a life transition, break up, separation or divorce?"
"Having relationships challenges with your family, friends, co-workers?"
"Are you feeling stuck or ready to take your life to the next level but not sure where to start?"
"Are you stressed out from juggling all the demands and responsibilities of work and life?"
"Have you overcome a serious health condition and need to reclaim life?"
"Are you single, and struggling with life as single person or empty nester?"

DO YOU WANT TO FEEL HAPPY AND FULFILLED?
ARE YOU READY TO INVEST IN YOU?
I CAN HELP!

- I help my clients to clarify their life, new life and or career direction.
- I help my clients move through transition as smoothly and as easily as possible. I help my clients by using powerful techniques to help them walk through their fears, doubts and insecurities that may be getting in the way.
- I help my clients support and manage their time more effectively and set healthy boundaries.
 - I help my clients to resolve conflict and improve their relationships.

I'm Shay Dupris, a Certified Executive Coach, Life Coach, and Relationship Coach and I obtained my Life Coaching Certification from an ICF Accredited Program. I help people transform their lives and vision into action. I'm fully dedicated and committed to helping others unlock their full potential, overcome challenges, and achieve personal and professional goals.

BLU PROSPECTS LLC coaching methodology/philosophy is based on a blueprint for sustainable success: 4 Pillars: Self-Awareness, Transformation, Accountability, and Results. Our agile methodology outlines and defines strategic steps to identify coaching goals and develop and integrate proven processes and techniques that produce measurable outcomes and transformative results. In the coaching relationship/partnership, the client is the expert.

FEATURES of COACHING

- I am a Certified Life Coach and holds Master's degrees one in Human Resource Management and one in Business Management
 - I provide life and career clarification using the LPI® Self-Discovery Process
 - I am certified/credential SHRM-CP by the Society for Human Resources Management
 - I am certified/credential CDE (Certified Diversity Executive) by the Society for Diversity



- I am certified/credential CDP (Certified Professional) by the Society for Diversity
- I am certified/Master DEIB (Diversity, Equity, Inclusion, Belonging) Facilitator
 - I am certified DDI Facilitator (Development Dimensions International)
 - I am certified to administer the Myers and Briggs® personality assessment
- I am certified to administer MBTI the Myers and Briggs® personality assessment
 - I am certified to administer the DISC® personality assessment
- Author: Dupris, Shaylae "A Candidate's Nightmare. A Job Seekers Guide to Surviving the Word "No" in Today's Global Economy, Independently Published, 2023
- Co-Author: Dupris, Shaylae "Tackle the Job and Win the Interview", San Diego Veterans Magazine, March 2023, Volume 6: P39
- Contributor: Moody, Germaine, Dupris, Shaylae, "50 Seeds of Greatness", Become Endless Publishing, 2013

COACHING NICHE

*Executive Coaching
Relationship Coaching
Leadership Coaching
Strategic Coaching*

*Business Coaching
Career Coaching
Life Coaching*

BENEFITS of COACHING

*Clarity and direction
Accountability and Motivation
Work Life- Balance/Integration
Better Communication
Strategic Thinking
Better Relationship Management
Stronger Emotional Connection*

*Enhance Self-Awareness
Improved Goal Setting
Increased Confidence and Resilience
Manage/Navigate Life Transitions
Improved Health/Performance
Conflict Resolution
Healing and Growth*

LIFE COACHING vs. THERAPY

LIFE COACHING

*Focus on Present/Forward Movement
Specific Goals
Personal Growth
Navigate Challenges
Not Advice/Counseling/Mentoring*

THERAPY

*Focus on Past/Present
Emotional & Psychological Health
Coping Strategies
Navigate Challenges
Counseling w/ Licensed Professional*

LIFE COACHING vs. MENTORING/MENTORSHIP

LIFE COACHING

Improve specific areas of individual's life

MENTORING/MENTORSHIP

Broader/specific



*Structured Goals
Action-Oriented
Accountability
Empowering Path Forward*

*Nurturing/Guidance Specific/Goals
Focused on Long-Term Growth
Development Focus
Guided Path Forward*

What Is a Dream Client?

A client that will trust the process for the coach that they hired. Always being on time and asking questions, trust in the design judgment and suggested recommendations. Clients will commit and be fully invested in the process as well as communicate openly honestly and transparently within the coaching relationship.

CALL TO ACTION:

*This investment has a proven ROI!
Ready to take action? Let's Talk!*

*Click the scheduling link under the Let's Talk tab and
schedule your FREE Complimentary Session!*

Let's make your goals a reality—together!

Motto: "If You Can Maximize Your Impact, You Can Master Your Life." - Shay Duprés