

# FOX

THE FOX WAY WORKS

# WAY

CLAUDIA FOX

CERTIFIED INTERNATIONAL COACH  
CERTIFIED COACHES ALLIANCE, CANADA  
INTERNATIONAL COACHING FEDERATION MEMBER

[THEFOXWAYWORKS.COM](http://THEFOXWAYWORKS.COM)



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## **A Note From Claudia....**

When I was in my twenties, I used to feel intimidated when I was asked to a party. I was living in New York City as a single person with roommates. I was always afraid the issue of college would come up. If someone asked me if I had a college degree or which college I went to, I would freeze and feel shame. It took me over a year of feeling this way before I devised a plan. I began to ask the host or hostess ahead of time if there was something I could do to help with the event and that helped me take the focus off myself. Soon I became more confident because I had a task for the evening and it made me feel connected and like I belonged. I began to ask others questions about themselves which made me feel more comfortable over time. As I began to reach out and connect to more people, I discovered, not everyone had a college degree, but most people were embarrassed by it. Often people lied on their resume just to get their foot in the door of a company. Through the years I focused on getting my own coaching, going to therapy and figuring out myself how to become a business success. I have accomplished so much and would like to help you feel good about yourself, degree or not. Because of my background, I can honestly say I am like a business therapist. I can help you with defeating patterns as well as figure out what makes your heart sing. I can get you on the road to finding your passion and helping you make money doing something you love. It takes time and patience but what is the alternative? Dreading getting up each morning to go to work or shuffling along anxiously awaiting retirement. I am doing what I love to do and I actually don't even want to retire. I believe I can help you to feel as much aliveness and joy as I do. (Visit the video tab on my website to view interviews with people who are successful without a college degree to hear the obstacles they encountered growing up).

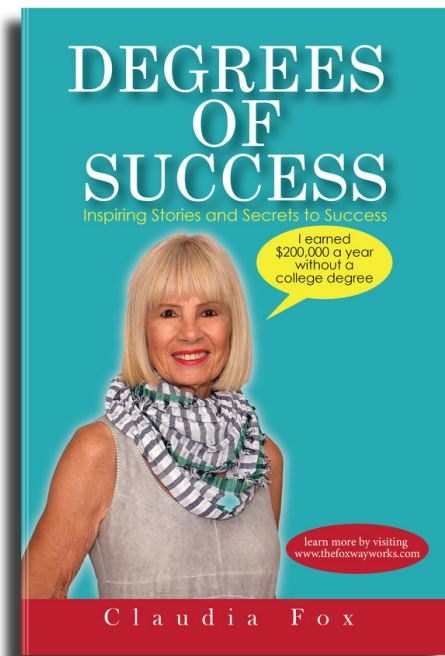
**Yours truly,**

*Claudia Foy*

**"FOR MY PART, I TRAVEL NOT TO GO ANYWHERE,  
BUT TO GO. I TRAVEL FOR TRAVEL'S SAKE.  
THE GREAT AFFAIR IS TO MOVE"**

# Degrees of Success

Written by Claudia Fox



The book consists of short stories about average and not-so-average people who have struggled to become successful without a college degree. If you graduated from high school and went right to the real business world, you know how daunting it can be to become a success. Claudia Fox's book offers inspiring stories and secrets to become successful without a college degree.



Visit [thefoxwayworks.com](http://thefoxwayworks.com)  
for purchasing information.

# BENEFITS OF WORKING WITH COACH CLAUDIA

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Coaching has been proven to work when the client is willing to grow and when there is an obvious gap between where the client is and where he or she wants to be. With me as your coach, you will:

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## Take Appropriate Actions

Ultimately, all of us do what we want to do under any circumstance. To find out what you really want for yourself and in your career is our first task. I help you to distinguish between what you think you "coulda, shoulda, oughta" do and what you actually have to do to get where you want to go. Once you understand and create your ideal goal, you are much more likely to take actions to reach it.

## Have a Balanced Life

Having it all, means having a balanced life. And in doing so, it often means that we must be selfish. I will work with you to help you create a plan that will meet your needs by establishing a personal foundation.

## Achieve Financial Freedom

Money! We have to have it. Chances are you know that you can make more money. I will work with you to design a strategy to earn more for your efforts, set up a spending plan and even get out of debt.

## Reach Higher

When you work with me you have a partner you can trust, I will have faith in you and with my support you will find yourself reaching for bigger and better goals.

## Develop More Sustainable Energy

When you are productive, your endorphins will make you happier and even life's problems become more tolerable. You are always going to have more energy when you are happy.

## Make Better Decisions for Yourself and Your Business

Every single client of mine is smart! Yet, they still use me. Why? Because ideas rarely grow in a vacuum. Everyone can use a sounding board. It's fruitful to share ideas with someone who is subjective enough to offer valuable feedback, someone who wants more for them than they do for themselves.

## MY PROFESSIONAL MISSION:

To inspire and influence you to  
achieve your goals.

## TAKE THE FIRST STEP:

**Claudia offers a**

**FREE 30-MINUTE**

**INTRODUCTORY**

**COACHING SESSION.**



After establishing your goals and deciding to coach with Claudia, you can either join a zoom 8-week program or schedule individual zoom sessions. Claudia offers weekly sessions at a mutually agreed appointment time.

# ABOUT CLAUDIA...

## SPECIAL PROJECTS

In addition to coaching people who want to move ahead in their lives, Claudia has also spent countless hours volunteering her time to develop and lead workshops for non-college and college-bound teens in New York and Connecticut at local high schools and The Boys & Girls Club. Through her coaching, they gain a better understanding of the career options available to them. The weekly workshops addressed; personality assessment, career exposure, resume writing, networking, interviewing skills and interview role playing. She also involved the communities by encouraging business owners to provide mentoring and shadowing opportunities. Claudia works with women in a local shelter teaching them the necessity of financial independence, spending plans, payment plans and the importance of saving. Claudia produced and co-hosted two cablevision shows, one called "Turn Your Passion into Profit" and the other "Get a Job" which aired in White Plains, New York, for two years running where she interviewed people who were passionate about their careers and gave employment advice. Claudia also brought a Texas based "Prepared4Life" Program to New York City on June 3, 2012, called "Lemonade Day" where she enrolled over 1,700 young adults in a program that taught them how to be entrepreneurs through making and selling lemonade at a home-made lemonade stand. The streets of New York City were lined with stands and local establishments lent their support to the youth's efforts to learn business skills. She was interviewed by CBS and Fox & Friends. ABC promoted Lemonade Day on their network. To see more of the project, go to youtube videos: [LemonadeDay/CBS/ClaudiaFox](#). Claudia has raised money for the Northern Westchester Women's Shelter with Oprah "Big Give" winner, Stephen Paletta, by doing a successful fund-raiser at a bowling alley. She also worked on homes for Habitat for Humanity, actually putting up sheetrock.

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RECOVERY COACH PROFESSIONAL  
FEDERATION MEMBER

## HOBBIES

Claudia has a passion for travel, having skied throughout Europe; the French Alps, Austria and Italy as well skiing from the East Coast to the West Coast of the United States. In Aspen and Utah she delighted in learning to ski powder trails. She traveled on cruise ships where she took helicopter rides in Alaska to see the glaciers and Hawaii to see the breathtaking coastal views. Most recently she took a Baltic Sea cruise to visit Russia and five surrounding countries where she said, "The educational value was mind-blowing!" Dance being her all-time favorite hobby, she can often be seen on the ballroom dance floor or at Country & Western dances across the country. She is also an avid tennis player and can be found biking to bask in the glory of nature. She loves spending time with her family.





## ONE-ON-ONE OR IN A GROUP

**Claudia's sessions are offered in eight-week classes, one per week for an hour to an hour and a half, depending on the number of participants. The group calls will be done on ZOOM at a designated time each week.**

IF YOU ENROLL IN THIS PROGRAM, YOU WILL FIND:

- **A safe environment to grow and stretch**
- **A platform for accountability**
- **Transformation of your thought process**
- **Awareness of your patterns**
- **Unblocking negative patterns**
- **Recognition of your successes**
- **Individual goal setting**
- **Collaboration with group members**
- **Action partners**
- **A pathway to financial freedom**



## **WEEK 1**

PERSONALITY ASSESSMENT

## **WEEK 2**

ENTREPRENEUR VS. JOB

## **WEEK 3**

MASTER YOUR MIND

## **WEEK 4**

OVERALL FINANCIAL PICTURE

## **WEEK 5**

RESUMES/INTERVIEWING

## **WEEK 6**

CAREER EXPOSURE WITH SPEAKERS

## **WEEK 7**

MAP OUT YOUR FUTURE

## **WEEK 8**

TECHNOLOGY OPTIONS

"Success is the sum  
of small efforts  
repeated day in  
and day out."

# THE 8-Week PROGRAM

"Great things never  
come from comfort  
zones"

## **PRICING**

### **GROUP SESSIONS:**

\$30.00 PER SESSION

### **INDIVIDUAL SESSIONS:**

30 MINUTES \$60.00

60 MINUTES \$85.00



# UNDERSTANDING

## HOW YOUR BELIEFS SHAPE YOU

You can lack resources and your future plans can be little more than a few random scribbles on the back of an envelope, yet if your motivation is right and you really believe you can accomplish what you want to do, your plans can blossom. History is full of men and women who defied the odds and overcame seemingly immovable obstacles to reach their goals. These people all had one thing in common; an unshakable belief that they were exactly the right person at exactly the right moment in time to achieve whatever they set out to do, whether scaling an impossible mountain or winning a marathon.

In life, coaching a belief is simply a feeling of conviction about something, specifically about oneself, and strong positive beliefs are the foundation for action.

Holding negative beliefs are ones that no longer serve you well, have the opposite effect and keep you stuck. Your inner critic specializes in these destruction beliefs and can produce them at the drop of a hat.

Beliefs are tricky things. For the most part they tend to appear logical and watertight, that is their nature, but whole communities have built their worldview on beliefs that were later proved wrong. For example the world isn't flat but people used to believe that it was and wasted a lot of energy in formulating strategies to avoid falling off the edge.

The beliefs that hold someone back are not truer than the beliefs that spur someone into positive action, so why not choose to focus on the beliefs that get you the great results you want?



**HERE ARE SOME  
REASONS YOU MIGHT  
WANT COACHING:**

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- Graduate from high school and can't figure out what to do next?
- Want to start your own business, but never get to the first step?
- Have a great idea but never do anything about it?
- Quit work to be a parent and now want to do something to enhance your finances?
- Unexpectedly laid off from your job (Covid-19) and need to reinvent yourself?
- Deserve a promotion and/or raise but afraid to ask?
- Find your work unfulfilling and want a new career path?
- Hate going to work each day?



Perhaps you have a pretty clear idea of what you want to improve in your life, such as becoming more assertive or starting your own business, and have begun to take a look at what your life is like now and how you would prefer it to be. You may have already formulated an idea of what you would like to create but have just never been able to get your ideas off the ground. Over time as procrastination sets in and you begin to think of reasons to justify your lack of efforts, you become more and more discouraged because the difference between how you want your life to look and how it actually looks affects your daily attitude.

## Food for Thought

What's going on? Are you simply weak or lazy? One can even guess that you have beaten yourself up about this issue a fair number of times. The good news is that the reason you are blocked may have nothing to do with weakness, laziness, or any other trait that one could use to "label" you. You may well be blocked because deep down you don't believe that you are capable of executing your plan. Or even worse, that you don't really deserve happiness in your life. It all comes down to beliefs.

# THANK YOU.

*I look forward to working with you.*



CONTACT FOR AN APPOINTMENT

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