



### About Lesley V. Ingves

Career Coach Lesley V. Ingves guides, supports and inspires her clients along their journey to career fulfillment. Using her proprietary **C.L.E.A.R. Method** she leads clients through a 5-step process that enables them to successfully define and transition their careers, efficiently use their time and stay focused and upbeat.



Lesley worked nearly 25 years as a construction administration specialist for mega-construction projects. With foresight and patience she coordinated the objectives and requirements of myriad key parties to smooth the project construction process. In an industry that necessitates job transition every 2 to 3 years as projects complete, Lesley's positive outlook kept her stress in check and eased her way each time she sought a new position. Colleagues often sought Lesley's advice during these periods. As they expressed their concerns and uncertainties about job changes they were considering, she found helping them take well-reasoned steps into new jobs a gratifying experience.

To honor her gifts and talents, in 2003 Lesley began her transition to become a career coach. With considerable planning and persistence, she launched Clear Pathway and started coaching part time. Tracking her progress and achievements throughout this process helped Lesley refine her coaching strategy which evolved into the **C.L.E.A.R. Method**. Lesley now coaches full time and has helped dozens of clients attain their career goals.

Tailoring her coaching programs to meet the needs of individuals, businesses and state agencies, Lesley offers customized one-on-one coaching, group coaching and workshops as well as speaking engagements. With an emphasis on clarifying unique experiences, talents and dreams for an ideal career, Lesley helps clients identify resources and options. She also teaches them to persevere as they progress through their well-defined career plans. Lesley reaches out to those who are serious about taking positive steps to change their lives and encourages them every step of the way.

Certified through the Coach Training Alliance, Lesley is an active member of the International Coaching Federation – Connecticut Chapter and Military SEEDS, a nonprofit organization providing broad-based support to spouses and families considering entrepreneurial endeavors that compliment the military lifestyle.

Currently residing in Oakdale Connecticut, Lesley celebrates life with laughter, joy and gratitude.