

# Rachel



Rachel was an experienced pediatric counselor, with long-term credibility, actively mentoring other counselors and managing a full case-load. The work had been rewarding for many years, but the patient stories had started feeling more burdensome, and she feared she was becoming indifferent. A colleague presented Rachel with a unique opportunity to leverage her technical knowledge with a start-up diagnostic methodology, connecting her with counselors at many different hospitals; the role would result in broader impact by coaching counselors more than counseling patients. In addition, the position offered work-from-home capability, allowing for broader flexibility - a big benefit now that her children had grown and the family had just purchased a vacation home.

We used the Chocolate Cake methodology to assess the elements of the new opportunity compared to her current role, from which Rachel could make an informed decision. Rachel did take the new role, and it was comparatively better for many months. When the start-up was acquired and the role changed substantially, Rachel was equipped to reassess against her career priorities; she has since returned to the hospital, meeting patients and coaching peer counselors - refreshed after her break into the broader business world, and truly valuing her priorities to leverage her technical knowledge to improve children's lives.