



***1:1 Coaching***  
**iNNOVATION**  
**Insights**

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[www.innovation-and-insights.com](http://www.innovation-and-insights.com)



# WHY CHOOSE 1:1 COACHING with iNNOVATION Insights?



At iNNOVATION Insights, we believe that every career journey is as unique as the individual navigating it. Our coaching philosophy is rooted in personalization, innovation, and a commitment to achieving meaningful, goal-oriented results. We are dedicated to understanding your aspirations, challenges, and vision for success, tailoring our approach to meet your specific needs.

Through our 1:1 coaching services, you will gain access to expert guidance and a collaborative space designed to empower your growth. Our platform on *Notion* serves as your personalized hub, offering seamless communication, progress tracking, and curated resources to support your transformation.

Together, we will craft actionable strategies that align with your goals, helping you unlock your full potential and achieve lasting success. Let us partner with you to create a career story that truly stands out.

**Eulanda A. Sanders, PhD**  
Founder, *iNNOVATION Insights*

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# *Customized Coaching to Meet Your Unique Needs*

## ■ Focused Areas

At iINNOVATION Insights, our coaching services are designed to address a wide range of professional development needs. Whether you are looking to transition careers, refine your personal brand, or advance to a leadership role, we are here to support your journey.

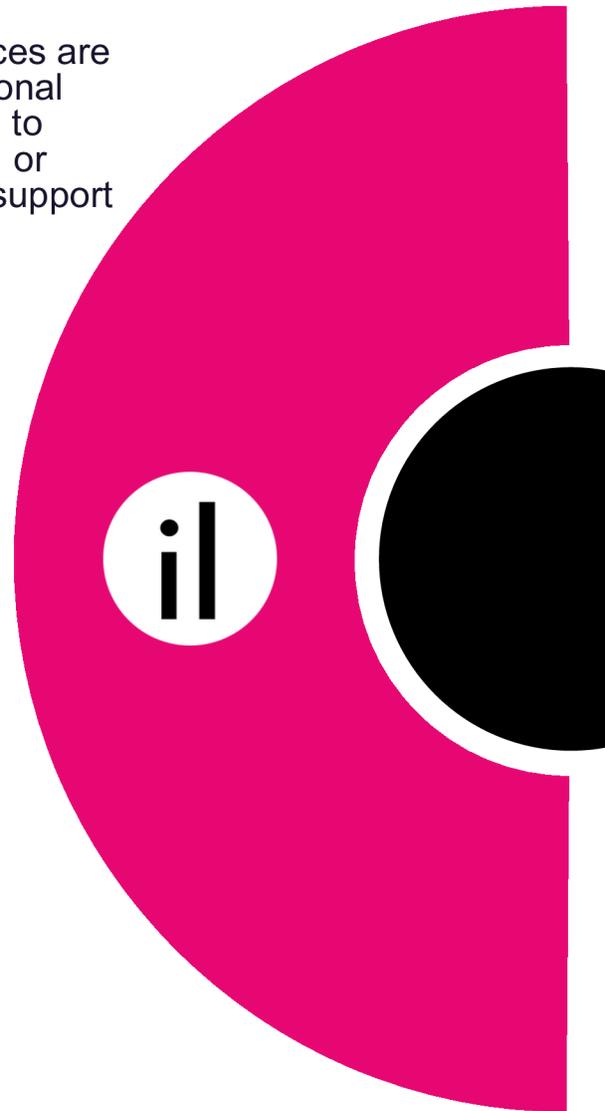
Our areas of focus include:

- **Career Strategy:** Crafting a clear plan to align your career goals with actionable steps.
- **Leadership Development:** Enhancing your ability to lead with confidence and impact.
- **Personal Branding:** Creating a powerful, authentic narrative to stand out professionally.
- **Job Search Guidance:** Equipping you with tools and strategies for a successful job search, including résumé optimization, interview preparation, and networking strategies.

## ■ Adaptable to Your Goals

Every client has unique aspirations, challenges, and opportunities. Our coaching adapts to your specific needs, ensuring you receive personalized strategies that deliver meaningful results. From navigating career transitions to preparing for interviews or negotiating offers, we meet you where you are and guide you toward your desired outcomes.

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# Your Personalized Journey

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Our step-by-step approach ensures your success is measurable and achievable:

- **Initial Discovery Session**  
We start with a comprehensive conversation to understand your goals, strengths, and challenges.   
orate seamlessly.
- **Personalized Action Plan**  
Together, we design a clear, actionable plan tailored to your career aspirations.
- **Regular and Consistent 1:1 Meetings**  
Stay on track with scheduled meetings to celebrate milestones and refine strategies as needed.
- **Access to Curated Resources**  
Leverage our digital platform to access tailored resources, track your progress, and collaborate seamlessly.

## Partner with Us

When you choose INNOVATION Insights, you are not just receiving coaching—you are building a partnership focused on your growth and success. Together, we will unlock your potential and help you tell your story to create a career path that inspires and empowers.



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# Our Personalized Roadmap Examples

## Proposed Road Map

(6 month Plan only):

- DECEMBER 2024 ● START OF BI-WEEKLY MEETINGS
- DECEMBER 31, 2024 ● COMPLETE THE WHY AND PERSONAL BRAND ANALYSIS
- JANUARY 31, 2024 ● COMPLETE UPDATED CV  
TEACHING STATEMENT DRAFTED
- FEBRUARY 28, 2024 ● BRAND KIT COMPLETED  
TEACHING STATEMENT COMPLETED
- MARCH 31, 2025 ● COMPLETE SHORT BIO AND LONG BIO PAGE  
IDENTIFICATION OF 5 DOCTORAL PROGRAMS
- APRIL 30, 2025 ● LINKEDIN OPTIMIZATION COMPLETED
- MAY 31, 2025 ● PERSONAL BOARD OF DIRECTORS  
ESTABLISHED



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## Proposed Road Map

(6 month Plan only):

- OCTOBER, 2024 ● START OF WEEKLY MEETINGS  
COMPLETE THE WHY AND PERSONAL BRAND ANALYSIS
- NOVEMBER 30, 2024 ● COMPLETE UPDATED CV
- DECEMBER 31, 2024 ● SCHOLARLY STATEMENT COMPLETED
- JANUARY 31, 2024 ● TEACHING STATEMENT COMPLETED
- FEBRUARY 28, 2024 ● DEI STATEMENT COMPLETED
- MARCH 31, 2024 ● COMPLETE SHORT BIO AND LONG BIO PAGE  
LINKEDIN OPTIMIZATION COMPLETED



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# Testimonials

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*Overall, my experience with Innovation Insights was exceptional. The services were tailored to meet my specific needs, and I received thorough advice for preparing my application materials and interview. I truly enjoyed our interactions via email, in person, and Zoom, and the advice given was very beneficial, instilling in me the confidence to succeed. In the end, I was offered the administrative role, and the excitement stemmed from realizing that the effort invested in preparation did not go unnoticed. I received feedback from people on the search committee that affirmed the strength of my application materials as well as my interview skills.*

-Erica Spurgeon, PhD  
Chair of the School of Industrial Sciences & Technology  
Associate Professor in Fashion & Apparel Merchandising  
University of Central Missouri

*Eulanda Sanders has been a long-time mentor of my professional career with contributions that extend beyond academia. She has actively collaborated with industry professionals and organizations, fostering partnership that have led to groundbreaking initiatives and advancements. Her ability to bridge the gap between academia and industry has been instrumental in shaping my understanding of design, merchandising, and production. In addition to her many accomplishments Dr. Sanders is a person of integrity, professionalism, and compassion. She consistently demonstrates a strong work ethic, attention to detail, and a genuine desire to help others succeed.*

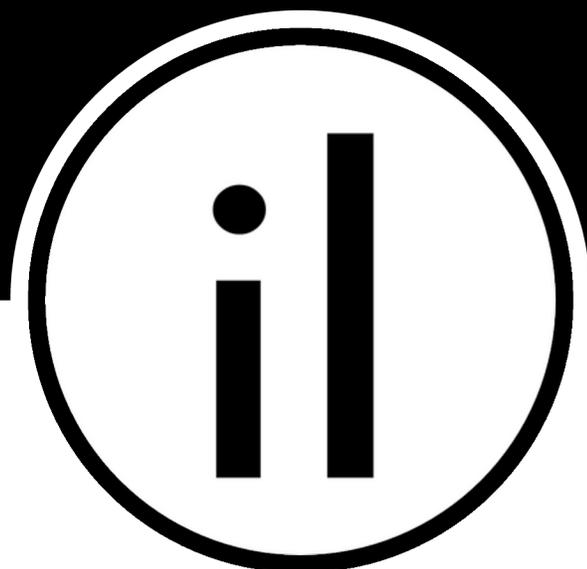
-Lady Soule  
Chief Creative Director of Design  
Urban Outfitters

*I am enthusiastically writing this recommendation for Dr. Eulanda Sanders, who I have known for the past seven years. I first met Dr. Sanders at Iowa State University as my doctoral advisor. In this capacity, she was both inspiring and innovative, with tremendous patience for me, as I came from a pure industry background. Eulanda worked with me every step of the way to build my academic skills and molded me into a professional scholar, giving me the tools to navigate a variety of institutions.*

-David Loranger, Ph.D.  
Assistant Professor of Fashion Marketing & Merchandising  
Jack Welch College of Business & Technology  
Sacred Heart University

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*Our*  
**Coaching Team**



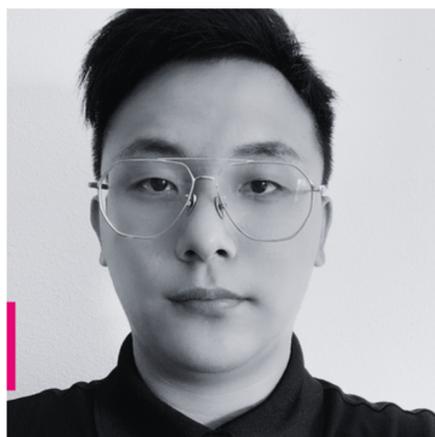
Mark D. Leslie, MBA



Bridgette Johnson, MS



Dr. Valerie Salter



Jian Yu, MS

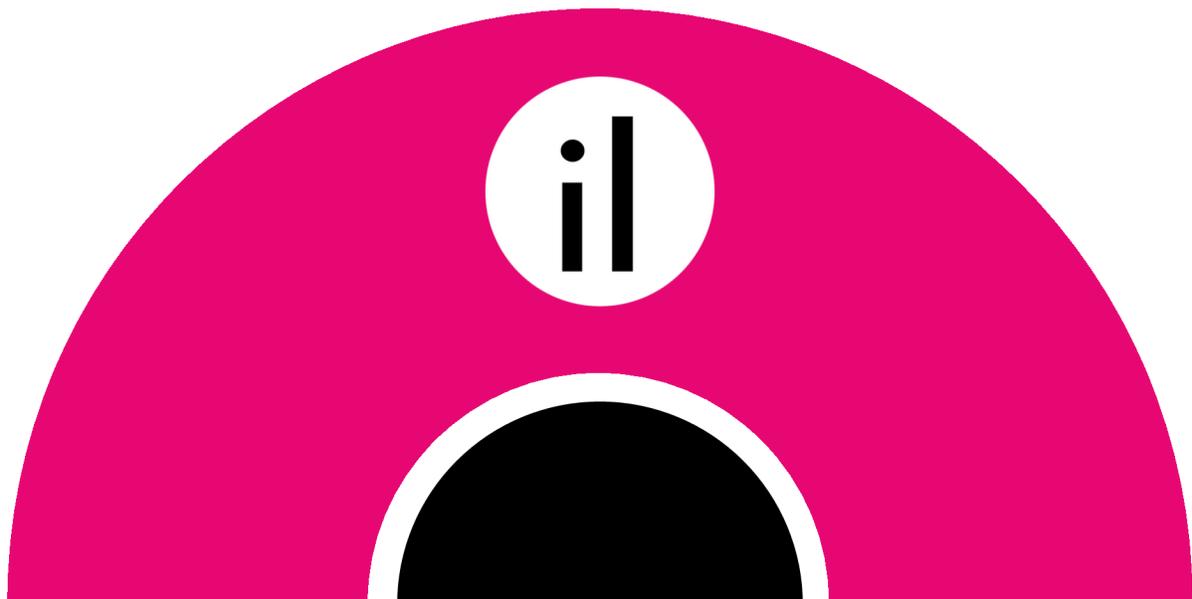
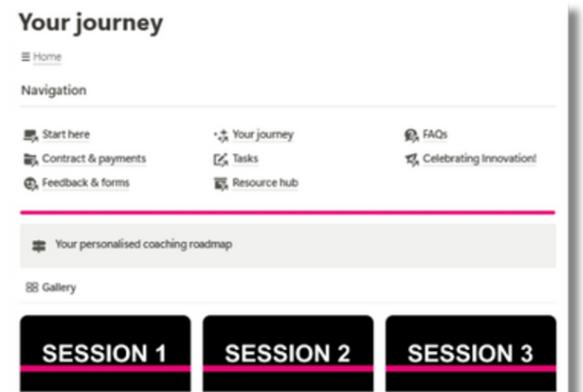
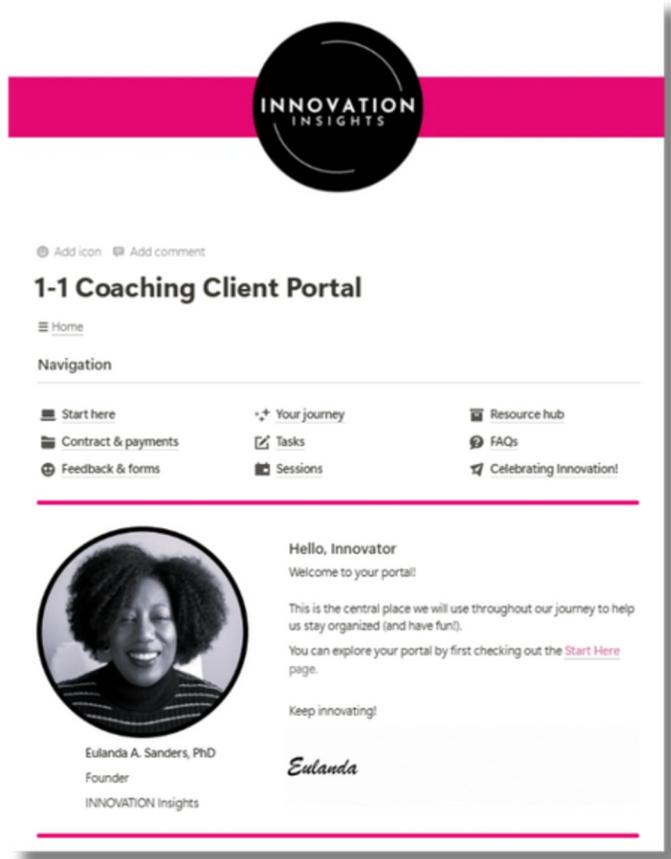


Dr. Eulanda Sanders

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# Our Platform

Each client receives a personalized *Notion* platform designed to serve as a collaborative hub, enabling seamless communication, tailored resources, and progress tracking throughout their coaching journey.



**Ready to Take  
the Next Step?**



Free Consultation: [schedule here](#)

Email Us with Questions: [innovate@innovation-and-insights.com](mailto:innovate@innovation-and-insights.com)

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