



## **FRED PALMER**

CAREER COACH

### **ABOUT ME**

After 12+ years as a professional in addiction treatment and prevention, my own recovery journey continues to fuel my passion for empowering people in recovery to create vibrant lives beyond addiction. I specialize in helping navigate the transition from treatment into your career. All services are tailored to your individual career goals as I support you in making them a reality.

I have a Master's Degree in Public Health from the Colorado School of Public Health and a Bachelor's Degree in Social Work from Colorado State University. I am a Certified Addiction Specialist in Colorado.

**All services are provided virtually and nationwide.**

### **GET EMPOWERED IN RECOVERY TO ACHIEVE CAREER SUCCESS**

- An action-oriented approach is crucial to create lasting change
- Meaningful careers provide opportunities to explore interests, develop skills, and connect with positive mentors
- Secure employment offers financial stability and purpose, key for rebuilding self-worth in recovery
- Career success reinforces the belief in one's ability to create a fulfilling life beyond addiction
- Change doesn't happen on its own. Action creates change. Let's start working together to make it happen.

### **VIRTUAL 1:1 SESSIONS INCLUDE A RANGE OF TOPICS DEPENDING ON YOUR NEEDS**

- Career Exploration
- Navigating Recovery and College
- Resume & Cover Letter Development
- Interview Preparation
- Job Search Strategies
- LinkedIn Profile Optimization
- Networking Support
- Salary Negotiation
- Workplace Success Skills
- Returning to the Workforce (after gaps)
- College/Grad School Admissions Support
- Overcoming Stigma
- Workplace Boundaries & Work Life Balance
- Rebuilding Professional Reputation
- Mindset Shifts for Career Success

**SCHEDULE A FREE 30  
MINUTE CONSULTATION**

fred@actioncreateschange.com  
(970) 556-9474



Coaching packages and pricing information is available at [www.actioncreateschange.com](http://www.actioncreateschange.com)