

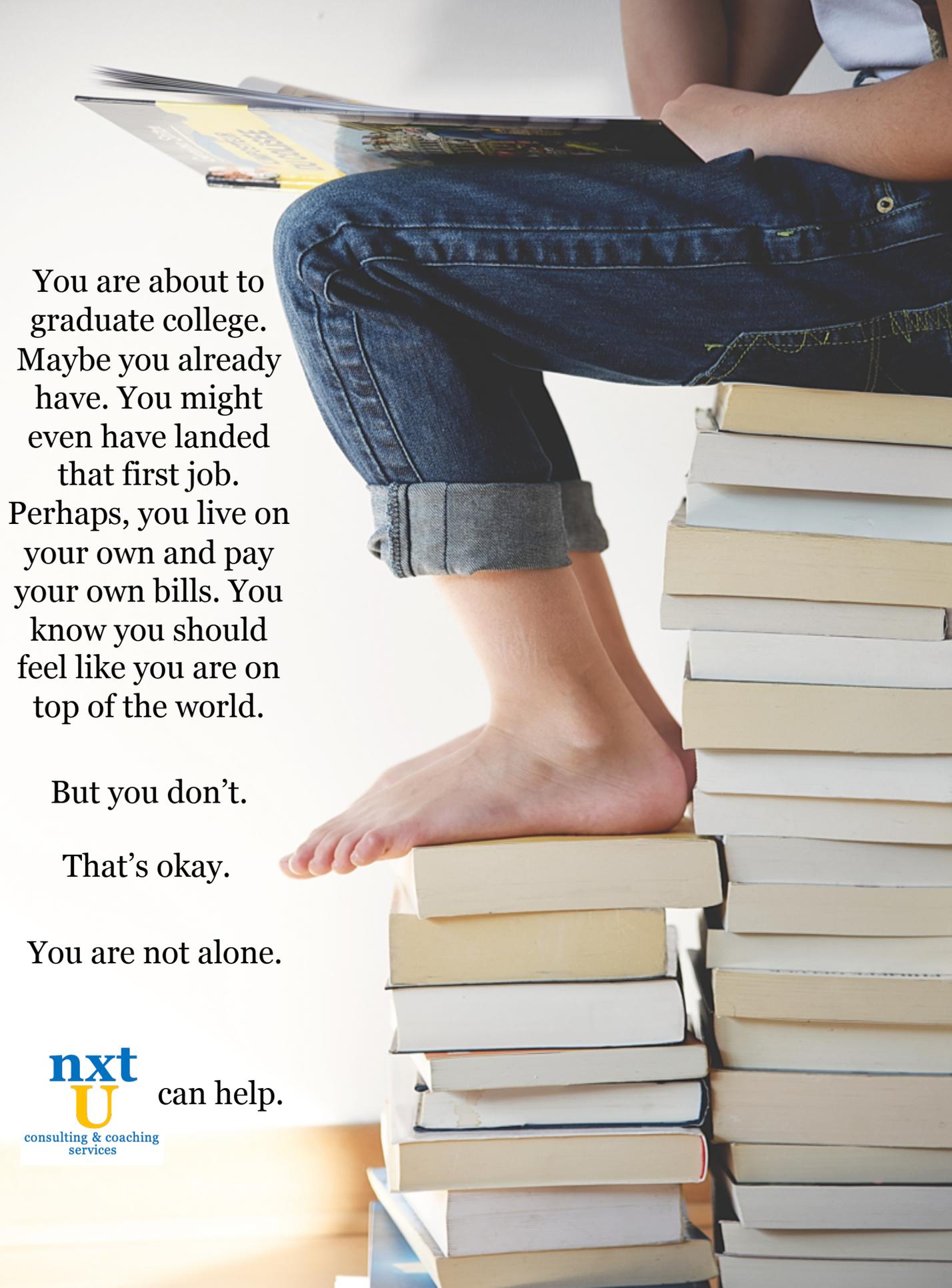


**Young  
Professional /  
Early Career  
Success  
Programming**

**nxt**  
**U**

consulting & coaching  
services



A person is sitting on a tall stack of books. They are wearing blue jeans with the cuffs rolled up and are barefoot. They are holding a magazine or book in their lap. The background is a plain, light-colored wall.

You are about to graduate college. Maybe you already have. You might even have landed that first job. Perhaps, you live on your own and pay your own bills. You know you should feel like you are on top of the world.

But you don't.

That's okay.

You are not alone.

**nxt**  
**U** can help.  
consulting & coaching  
services



# Are You Ready For What's Next?



## Everyone Needs a Coach...

The stakes have never been higher – even as the marketplace grows increasingly more complex, competitive, & diverse. Too many young adults leave college feeling underprepared, lacking confidence, and without a deliberate plan. Worse, they feel unprepared to thrive in today's workforce. Despite their degree, too many lack the critical thinking, social, and core skills necessary for lasting success. **nxtU** can help change the trajectory of your life, preparing you for **what's next**....



# Are We Right for You?

## Who Are We?

We are **nxtU** – a consulting and coaching services boutique comprised of former professors, performance psychologists, counselors, and business professionals. We call upon decades of success in higher education, corporate America, the military, and athletics to help you realize your full potential. As parents, too, we understand the challenges facing young adults as they transition from college into the workforce.

Intentionally selective, each year we limit our number of clients so as to ensure substantive collaboration, availability, and success.

## How Can We Help?

At critical transitions and inflection points, **nxtU** helps transform your life. Your success defines ours. Your specific needs and ambitions drive our efforts to deliver agile, value added pathways for realizing your goals, living a rich and productive life, and minimizing sunk costs in terms of money, time, and effort. We offer personalized life and core-skills training, support, mentorship, and coaching as we work tirelessly to support your personal, financial, physical, and professional goals.





# Are We Right for You?

## Our Promise

As partners and coaches, **nxtU** will always act in your best interests and with **unapologetic honesty, trust, transparency, and loyalty.**



## What's Next Matters!

Graduating from a challenging and fulfilling program of study at a college that meets your academic, social, and financial needs helps you gain the confidence, skills, and experiences to thrive as an adult and excel in your chosen profession. Graduating college, however, is like “winning” the first half of a football game. It's not enough.

**nxtU helps you  
win the game.**

# The



# Way

**Independence**

**Confidence**

**Character**

**Personal**

**Professional**

**Discipline**

**Grit**



**Financial**

**Physical**

**Wellness**

**Balance**

**Passion**

# Early Career Programming

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- **Individual Consultations:**

- Know Yourself (16 Personalities, DISC, Grit, etc.)
- Passion Families
- Professional Interests
- P<sup>3</sup> (Personal, Professional, & Physical) Goals Assessment
- SWOT (Strengths, Weaknesses, Opportunities, Threats) Assessment

- **Living a Deliberate, Disciplined, & Reflective Life**

- The **nxtU** Success Planner
- Setting & Assessing Realistic & Affirming Priorities, Goals, & Objectives
- Time & Energy Management
- Filtering Distractions & Minimizing Turbulence
- Grit: Overcoming Obstacles / Challenges
- Controlling Impulses
- Organizing (& Quieting) Life
- Unlocking the Power of Reflection
- Life Balance: Physical & Mental Wellness

- **Talking Transitions:**

- Roadmap Your Twenties
- Seeking, Securing, & Thriving in the “Right” Job
- Writing an Effective Resume

- **Life Admin 101:**

- Professional, Social, Financial, & Personal Pathways
- Improving Written & Oral Communication Skills
- An Introduction to Financial Planning
- Capitalizing on Personal Accountability
- Sustaining Confidence & Self Esteem
- Networking 101
- Managing Change & Transitions & Busting Out of a Rut
- Social Graces & Etiquette (& Why They Matter)
- How to Dress & Act Like a Professional (& Why it Matters)
- Differentiating Between Needs & Wants (& Why Both Matter)
- Self Care (Professional, Financial, Physical, Emotional)

- **Supplemental Consultations / Azimuth Checks**

- **Unlimited Email & Text Support**



# Meet the **nxtU** Leadership Team

## **Sean D. Cleveland, Ph.D.** **Founding Partner and Principal,** **Academic / Success Consulting and Coaching**



A graduate of West Point, Sean draws upon 28 years of leadership experience in the US Army & 16 years in different capacities in higher education. He has served as an academic success coach in a PAC-12 intercollegiate athletics department, an instructor & advisor in an alternative admissions program at a Big-12 university, & as a junior & senior rotating faculty member at West Point, where he also served as the Head Officer Representative for Men's Tennis, & the Associate Director of the Mounger Writing Center & Writing Fellows Program. After retiring from active duty, Sean served as a Visiting Assistant Professor in the Department of English, Fine Arts, & Communication & as the Assistant Director of the Center for Excellence & Innovation in Teaching & Learning & Distance Education at The Citadel in Charleston, SC. Equally comfortable & successful working with student athletes & scholarship, first-generation, & other non-traditional students, he focuses on deliberate planning, establishing & achieving specific outcomes & objectives, & developing "the whole person" for sustained personal, academic, & professional success.

## **Brandyn Fisher, Ph.D.** **Principal, Sports & Performance Psychology**



After graduating from West Virginia University's top-ranked doctoral program in Sport & Exercise Psychology, Dr. Fisher excelled as one of the top developmental tennis coaches in the country, coaching & mentoring players who would go on to win national and international titles, earn NCAA All-American status, & play on the ATP & WTA tours. In addition to coaching, Brandyn developed the mental skills programs at multiple international tennis academies, along with a unique mentoring pathway for coaches & players. After transitioning from full-time coaching, he founded American Sport Psychology, which specializes in helping elite athletes & their families navigate multiple levels of competition, tackle the complexities of the college recruiting process, & develop essential intangible skills. He currently teaches AP Psychology & serves as a Mental Performance Coach at The Pingry School in New Jersey, an elite independent school with 25+ sports teams, where he practices his simple *ethos*: be honest, do great work, & maintain an inquisitive mind.

## **Shawn M. McNeil** **Principal, Leadership, Teamwork, & Culture**



A former D1 lacrosse player, Shawn graduated from West Point & commissioned as a Field Artillery officer in 2007. He has multiple combat deployments, including service in both Afghanistan & Iraq, where he commanded two Operational Detachments-Alpha with specialized expertise in underwater operations & served as an operations manager in the Special Missions Unit-Delta. Shawn capitalizes upon his experiences in elite-level athletics & conventional & special operations to empower young adults to build upon their strengths, improve upon their weaknesses, & to embrace grit & a growth mindset as they strive to live deliberate & reflective lives.



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