Bloom!

TECH / STEM CAREER-MANAGEMENT MENTORING

Manage your career with the same rigor you bring to your tech projects.

WHAT IT IS

A personalized professional mentoring system based on the book *Bloom!* and on evidence from cognitive psychology, neuroscience, and coaching and belief-management methodology. The method turns that knowledge into an actionable sequence:

identify → question → reframe → act

It's a proven, progressive, and systematic method.

WHO IT'S FOR

- **Women in tech** who want clarity of direction, not just motivation, decisions made with judgment, and a sustainable career. At any stage: entering the field, mid-career, or leadership.
- **Leaders and managers** who want to strengthen the tech careers of individuals and/or teams within their company or organization.

The 3 pillars of the method

WHY

Purpose

Your North Star

The key question isn't *why?* but *what for?* We work through the five dimensions of meaningful work (purpose, autonomy, confidence, belonging, and growth) to decide with judgment, not just intuition.

HOW

The inner shift

Limiting beliefs

We identify the **7 mental traps** most common in tech and work them with Albert Ellis's REBT model. It's not the situation that triggers your reaction, but what you think about it: change the belief and you change the outcome.

WHAT

Action from strengths

Flourish + Thrive

You identify your real strengths and seek roles that activate them. You apply executive rigor: goals with clear criteria and progress indicators with an MVP mindset. Flourishing isn't just improving: it's operating from your best, sustainably.

SERVICES

Choose how you want to work

Full Program

700 €

6 one-hour sessions

WHO IT'S FOR

You want clarity of direction, a concrete plan, and support throughout the process. At any stage: starting out, mid-career, or leadership.

DELIVERY

6 sixty-minute sessions, online (Meet or Zoom), in Spanish or English. Pace adapted to your schedule.

OUTCOME

Clarity of purpose, limiting beliefs reframed, and a 90-day action plan, with systems to keep moving forward without a mentor.

DELIVERABLES

Physical book, templates (problem map, 7-traps checklist, REBT worksheet, VIA strengths profile), personalized materials, and priority access to future workshops.

Express Session

150 €

1 one-hour session

WHO IT'S FOR

You have a concrete, critical challenge, almost an emergency, that needs a structured response: a tough decision, a block, a stage change.

DELIVERY

1 sixty-minute session, online. In Spanish or English.

OUTCOME

A rigorous analysis of the situation, clarity on the challenge, and concrete next steps agreed at the end of the session.

DELIVERABLES

A session summary with the analysis done and the next steps defined.

Workshops Bloom!

COMING SOON

Group format

WHO IT'S FOR

You learn best in a group and want to harness its power to work on the beliefs holding your career back.

DELIVERY

Group workshop sessions, online, in Spanish. Dates and duration to be confirmed.

OUTCOME

Deep work on limiting beliefs with the multiplier effect of the group. A community of women in tech / STEM.

DELIVERABLES

Group materials specific to each workshop. Access to the Bloom! community.

The full program, step by step

6 sessions, step by step

01

Your purpose

We define your professional *what-for* and the five dimensions of meaningful work. The starting point for everything else.

02

Belief map

We identify the beliefs driving your decisions today: the ones that push you forward and the ones that hold you back.

03

REBT in action

We question and reframe limiting beliefs with method. Change the thought, change the response.

04

Real strengths

You discover your authentic strengths and explore the roles and contexts where they shine most.

05

Operating plan

We build goals with clear criteria, progress indicators, and a concrete plan for the next 90 days.

06

Anchor and autonomy

We design iteration systems so you keep moving forward on your own, with judgment and without depending on the mentor.

TERMS AND CONDITIONS

- Full confidentiality between mentor and *mentee(s)*.
- Free rescheduling with 48 hours' notice.
- Online via Google Meet or Zoom • Language: Spanish or English.
- Payment via PayPal, Bizum, or bank transfer.

HOW TO START

1. Go to “Get in touch” on the website and leave your details.
2. We confirm fit, goal, and plan. Let's begin!

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