

CURSOR

Group Coaching for Young Professionals: An Early-Career Coaching Circle led by Richard Nash, PCC, CPCC

Navigating the transition from “what you do” to “who you are.”

The first few years after college are often marketed as a sprint, but they are in fact a marathon of trial and error. This weekly coaching group is designed for 20-somethings in NYC who want to navigate their professional lives with more intention and less anxiety. We bring together a mix of people: those who are climbing the ladder, those who are stuck on a rung that feels wrong, and those who are still trying to find the right wall to lean it against, because each can learn from the other.

What we focus on:

- * Navigating the “Present Tense”: Practical strategies for managing bosses, setting boundaries, and surviving your first big NYC “work-life” hurdles.
- * The Power of Range: Moving away from the pressure of specializing early and instead learning how to use your unique interests as a competitive advantage.
- * Action-Oriented Reflection: This is a space of movement. We don’t just talk about problems; we strategize how to handle them on Monday morning. You take action, we reflect, you take further action.
- * A Real Peer Network: No networking events, no “elevator pitches.” Just 8 people in a room being honest about the work. That said, helping you work through how to feel real when at networking events, and helping you navigate the challenges of navigating mentorship will be priorities.

The Logistics:

- * The IRL Location: We meet weekly in a comfortable space in the Union Square/Flatiron/Chelsea area; Brooklyn location to be added in Spring/Summer.
- * The Online Location: Zoom
- * The Group: Strictly limited to 8 members to ensure everyone has space to speak.
- * Timing: We are currently forming a IRL cohort for Manhattan and a virtual cohort, each with a target start date of late February. Sessions will last 90 minutes. Further cohorts to follow.
- * Commitment: We ask for an initial 8-week commitment to help the group build a rhythm and trust.
- * Cost: The group operates on a monthly membership of \$400
- * How to learn more, or sign up? [Fill out this form](#) and I’ll be in touch. (If there are issues with the link: rnash@rnash.com or text me at 917-804-0716.)

A little about me:

My path to coaching was anything but a straight line. Born and raised in Ireland, I arrived in America for college at 18, immediately meeting my first brush with imposter syndrome and the weight of family expectations. Since then, my career has spanned four distinct acts: a decade directing theater in downtown Manhattan, nearly twenty years in book publishing working with Pulitzer Prize-winning authors, a deep dive into tech start-ups and consulting for Fortune 500 companies, and now coaching. I’ve coached early-career professionals up to C-suite leaders, I’ve coached in industries from finance to fashion, from software to healthcare, from municipal government to international NGOs, from aerospace to artisanal granola; and I’ve coached artists, writers, designers, and other freelancers. I bring decades of pattern recognition, pragmatism, and a deep belief that your unique, non-linear experiences are your greatest professional assets. I don’t just coach for immediate performance; I coach for the person you are becoming. My role is to listen, challenge, and help you find your true voice in a city that often tries to give you one of its own.

FAQs

Is this a “business” group?

It's a “career and life” group. We talk about work because that's where we spend most of our time, but we also talk about the identity shift that happens when you leave school and enter the city.

How is this different from therapy?

Therapy often looks backward to heal. Coaching looks at where you are now and where you want to go. Our sessions are focused on action, strategy, and peer feedback.

Do you take insurance?

As this is an Executive Coaching cohort rather than a clinical therapy group, we do not bill insurance or provide medical CPT codes. However, there are two common ways members fund their participation:

* Professional Development (L&D) Budgets: Many NYC firms have an annual budget for "Learning & Development" or "Continuing Education." Because this group focuses on leadership, communication, and professional resilience, many members are successfully reimbursed by their employers. I am happy to provide a professional invoice or a "syllabus" of the topics we cover to help you make the case to your manager or HR department.

* Tax Deductibility: If you are a freelancer, contractor, or business owner, coaching that "maintains or improves skills" required for your trade is often tax-deductible as a professional business expense. Always consult with your tax professional to confirm how this applies to your specific situation.

Do you offer a sliding scale?

Yes. I believe that professional mentorship shouldn't be gated solely by your income. There are opportunities in every group for a sliding scale rate. These are intended for members who are currently in-between roles, working in the non-profit sector, or facing significant financial hurdles. If you feel you'd be a great fit for the group but the standard fee is a barrier, please let me know during our intro call.

How does billing work?

Once the group is finalized in late February, members are billed on a monthly membership basis; billing is via Stripe which allows for a variety of payment methods including credit card. This ensures the group remains consistent and that we can maintain our dedicated meeting space in Union Square.

What if I'm not a "High-Performance" type?

This isn't a hustle culture group. I value the searchers as much as the go-getters—in fact, we each have plenty of both within us. The most valuable insights in our circle often come from the people taking a non-linear path. Whether you're climbing the ladder or still looking for the right one, you belong here as long as you are ready to take action in your current life.

Some more about me (and why it matters for you)

No-one has seen it all, but I've seen a lot. Born and raised in Ireland, I came to America for college at Harvard the day after my 18th birthday. Within a year, I had decided I would not return to Ireland to take over the small family business that held my name for six generations, not my first brush with disappointing others (my father, in this case) as I sought to determine who I was and what I should do. Although I held a degree in Government, I instead embarked on a decade directing theater in downtown Manhattan, learning how to build teams, getting highly idiosyncratic individuals (actors) and silent brooding artists (set, lighting, and costume designers) to get on the same page—and stage.

In a plot twist too convoluted to explain here, I pivoted in 2001 to start running an independent book publisher. It was a sufficiently intimate operation that I worked directly with many of the authors, along two dimensions—one editorial, one promotional. Working one-on-one with writers of fiction, memoir, history, poetry, politics, and business, I read, I like to say, “listened,” intently to these writers to help them get closer to their true voice and to the power of the story they wished to tell. Equally, I worked with them to connect to the audience they wanted to reach, to help them discover their elevator pitch, and their airplane seat pitch, not as an inauthentic spiel, but as an act of connecting with their fellow humans. The writers I worked with there and in the context of some other publishing projects, have won two Pulitzer Prizes, and been finalists for several more, two National Book Awards and been finalists for more, have been MacArthur “Genius” Award-winners and Guggenheim Fellows, have appeared on bestseller lists from the *Los Angeles Times* to the *New York Times* to the *Singapore Straits-Times*. It was particularly exciting too, to work across cultures—while the majority of our authors were from the U.S, I also worked with leading voices from countries such as Germany, Congo, Turkey, India, Australia, the UK, the Netherlands, Croatia, Korea and Japan.

My own curiosity then took me in the world of tech start-ups, as a founder, as a co-founder, and as senior management, focused largely on business development and partnerships, though with a little bit of product work along the way, with companies in publishing, media and biotech. I also advised a couple dozen very early-stage start-ups along the way. Parallel to that work, I traveled Europe, South America and Asia, giving talks on the future of publishing at numerous conferences and universities, becoming what I'm slightly uncomfortable characterizing as a “thought leader.” And I consulted for a couple years for a Fortune 500 company.

I eventually realized that my entire life had been training me for coaching. Whether working with a playwright, a novelist, or a tech founder, I have spent decades learning to discern, to question, and to speak up on behalf of the person my client is becoming. I work with a broad range of clients—from C-suite leaders to early-career professionals, at companies like Netflix, Blackstone, Hermès, the UN, Bloomberg, Atlassian, and Bristol-Myers Squibb. I've coached people through layoffs, IPOs, pandemics, and the starting (and ending) of businesses.

I bring all of this—the pragmatism, the humility, the seasoning, and the pattern recognition—to our circle. I'm here to help you navigate the “present tense” of your career while respecting the long, interesting, and often non-linear road ahead of you.