



Meet...

Cara Power, Founder, [Cara Power Coaching](#)

What does a day in your heels look like?

I typically start my day by checking email, news and social media. Exercise is important to me – and if it doesn't happen in the morning, it doesn't happen at all. After that, each day tends to be very different. I do a lot of networking so it's not uncommon for me to have an appointment to meet a contact or a potential client for coffee or lunch. However, the bulk of my day is spent in client sessions. My clients can range from recent college graduates to entrepreneurs to corporate executives to venture capitalists. In the evenings, I may have a speaking engagement or networking event. And on weekends, I spend time researching thought leaders in my niche and creating content for an online course I plan to launch in 2015.

Even though each day and each client is different, these three rules are the foundation of all my interactions:

1. Be present
2. Listen
3. Give without expectation

What is your personal mantra, mission or manifesto?

Turn Potential into Power. I believe each of us has tremendous potential – far more than we normally acknowledge or make use of. As a coach, I'm an agent of self-discovery, self-awareness and self-empowerment for my clients. I help them recognize their potential, harness it and put it to work in powerful and rewarding ways.

What are three words you want people to associate with your brand?

Powerful, Impactful and Authentic

What is your favorite pair of heels?

I'm now of a vintage where the shoes I wear need to be both functional and fashionable. My secret (until now) has been Rockport heels. They use a shock absorbing material called

Adiprene – the same material Adidas uses in its running shoes. My Rockports make walking the streets of New York City far less torturous on my feet. Plus... no more awkward shoe shuffle!

Early in my career, I wish someone had told me...

Choose your lifestyle first. Job second.

Who is your Dream Mentor?

Myself five years from now. I love the idea of receiving advice from a more mature, evolved and experienced version of myself. It helps me stay focused and maintain my authenticity.

Tell us the best career advice you've ever received

“Network your butt off!” No matter what you do professionally, it’s impossible to become successful without the support of other people. Build relationships with as many people in as many different industries as you can throughout your career. You never know how or when you’ll need help or be able to help others. Become a giver. Paying it forward is the new networking.

What's your next big thing?

Helping people transform their lives is incredibly rewarding – it’s the reason I became a coach. That said, the number of people I’m able to help is limited by the number of hours in a day. So, my “next big thing” is to create online courses. I very much intend to continue seeing private clients but I’m excited by the prospect of being able to reach and influence more lives than I’m able to do in person.