

The FRAMEit™ Method

The FRAMEit Method™ is CareerFrame's signature leadership development program—designed to transform high performing people leaders into whole-human, impact-driven leaders. Built around five essential pillars, FRAMEit helps leaders elevate both personal energy and professional execution—bridging the gap between performance and well-being. It's the ideal solution for SVPs and C-suite leaders who are ready to invest in their leadership bench—but don't have the time to do it themselves. We develop the leaders so they can lead with clarity, capacity, and confidence because balancing leadership and life is all in how you frame it.

A Adaptability & Application

Navigate change with confidence, agility, and steadiness.

R Responsibility & Relationships

Embody leadership styles and relationships with accountability and empathy.

M Mindset to Motivate

Cultivate beliefs and drive sustainable performance.

F Foundation to Focus

Clarify and align energy with intention at a base level.

E Elevate & Execute

Lead with emotional intelligence for connection and influence.



Lasting Impact. Thriving leaders.

Where it clicks! This is where insight becomes integrated action—and thriving leadership becomes a daily habit, not just a skillset.

What it focuses on

Self-Mastery & Energy Optimization:

Aligned Energy for Lasting Performance.

Leadership Effectiveness:

Creating clarity, accountability, agility, and impact.

Business Impact:

Turning growth into culture, engagement, and execution.

Why it's unique

Whole-Human Approach:

Integrating mind, behavior, and energy to lead from within.

Rooted in Science + Real Work:

Fusing CliftonStrengths®, EQ-i, and Situational Leadership® with practical on-the-job application.

Dual Resonance:

Transforming people leaders while delivering ROI for senior executives.

How it drives results

Measurable Growth:

Progress through feedback, accountability, and self-assessment

Integrated Activation:

Converting pillars into embodied leadership for influence, clarity, and execution

Business-Aligned Coaching:

Elevating retention, productivity, culture, and leadership strength