



Career Coaching

GUIDELINES & PACKAGES



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What?

Career coaching is a process in which we will explore & navigate your career path more effectively. The primary goal of career coaching is to provide guidance, support, & encouragement to you at the current stage of your career, whether you are just starting out, looking to make a career change, or seeking advancement & growth within your current profession.

I typically use a range of strategies & tools to assist you in understanding your:

- Strengths
- Values
- Interests
- Goals

The coaching process may involve self-assessment exercises, skills evaluation, & discussions about your aspirations & work-related challenges. We will work collaboratively to identify potential career options & develop action plans to achieve those goals.



What?

- **Career exploration:** Identifying potential career paths & industries that align with your skills, interests, & values.
- **CV & interview preparation:** Assisting with CV writing, cover letter development, & interview skills to improve the chances of landing your desired job.
- **Skill development:** Identifying & enhancing relevant skills & competencies required for your chosen career path.
- **Job search strategies:** Providing guidance on effective job search techniques, networking, & leveraging online platforms to find suitable job opportunities.
- **Career transitions:** Supporting you through a career change, whether within the same industry or moving to a different one.
- **Professional development:** Creating plans to improve performance & achieve career growth within your current job or organisation.



Why?

Here are some signs that indicate you might benefit from working with me:

- **Lack of clarity or direction:** If you're unsure about your career goals, feel stuck, or are struggling to identify the right path for your professional development, I can help you gain clarity & define a clear direction.
- **Dissatisfaction with your current job:** If you're unhappy with your current job or career & are considering a change, I can assist you in exploring alternative career options & creating a plan for a successful transition.
- **Difficulty with job search or advancement:** If you're having trouble finding job opportunities or facing challenges in advancing within your current organisation, I can help you improve your job search strategies, optimise your CV, & enhance your interview skills.
- **Need for skill development:** if you feel that certain skills are holding you back from achieving your career goals, I can identify areas for improvement & guide you in developing those skills.



Why?

- **Low self-confidence or self-awareness:** If you lack confidence in your abilities or struggle to understand your strengths & weaknesses, I can help build your self-confidence & enhance self-awareness.
- **Desire for work-life balance:** If you're seeking ways to balance your personal & professional life more effectively, I can help you develop strategies to achieve this balance.
- **Transitioning from education to the workforce:** If you're a recent graduate or student about to enter the workforce, I can provide guidance on career choices, job search, & transitioning smoothly into a professional role.
- **Facing workplace challenges:** If you're dealing with workplace issues, such as conflicts with colleagues, lack of motivation, or difficulty managing stress, I can offer support & strategies to overcome these challenges.
- **Long-term career planning:** If you want to create a comprehensive career plan with short-term & long-term goals, I can assist you in developing a roadmap to achieve your ambitions.



What should I expect from a Career Coach?

How?

- **Initial Assessment:** An initial assessment session where I will get to know you, your background, your current situation, & your career aspirations. This step helps me to understand your strengths, interests, values, & any challenges you might be facing in your career.
- **Goal Setting:** After the assessment, we will work together to define clear and achievable career goals. These goals will serve as a roadmap for the coaching process.
- **Action Planning:** With your goals in mind, I will help you develop a step-by-step action plan to achieve them. The plan may include skill development, networking strategies, job search techniques, and other relevant actions.
- **Self-Exploration:** We may use self-exploration exercises & assessments to gain a deeper understanding of your personality, values, and work preferences. This self-awareness helps align your career decisions with your core values.
- **Skill Development:** If necessary, I will identify areas where you may need to improve your skills or acquire new ones to progress in your chosen career path.



What should I expect from a Career Coach?

Cont...

How?

- **CV & Interview Support:** I can provide guidance in crafting an effective CV & covering letter that highlights your strengths & achievements. I can also offer interview preparation tips & conduct mock interviews to enhance your performance.
- **Networking Strategies:** I can assist you in building & leveraging professional networks to access job opportunities & industry insights.
- **Support and Accountability:** Throughout the coaching process, I will provide ongoing support, motivation, & accountability to help you stay on track with your action plan & overcome any obstacles.
- **Career Transition Support:** If you are changing careers or industries, I can help you navigate the transition, explore new options, & adapt your skills and experiences to the new field.
- **Empowerment and Confidence Building:** A significant part of career coaching involves empowering you to take ownership of your career decisions & building self-confidence in your abilities.

Career Coaching Packages

1

Career Accelerator Package

1 x 75 minutes of 1-2-1 coaching
2 x 60 minutes of 1-2-1 coaching

£500

2

Career Progression Package

1 x 75 minutes of 1-2-1 coaching
5 x 60 minutes of 1-2-1 coaching

£900

3

1 Day Career Intensive Package

5 hours of 1-2-1 coaching,
CV & LinkedIn Profile review,
application & interview preparation

£750

4

1/2 Day Career Intensive Package

2.5 hours of 1-2-1 coaching,
CV & LinkedIn Profile review,
application & interview preparation

£325



Get in touch today...



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**CHECK OUT CLIENT FEEDBACK AT:
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