

# CAREER RESET: PROGRESSING TO SUCCESS AFTER CAREER DISRUPTION

A **personalised coaching programme** for individuals who are leaving the organisation, seeking to rediscover their purpose and reset their career path.



## ABOUT THE PROGRAMME

Together we will:

- Prepare a self-care plan, along with a tactical **Career Reset** action plan
- Review current situation, recent roles, skills and achievements
- Identify and develop **Career Values**, strengths and working style preferences
- Review and develop CV, executive profile and LinkedIn profile
- Identify and explore career opportunities, prepare for interviews
- Build resilience skills for the career transition journey

Multiple assessment and coaching frameworks are used, along with weekly or bi-weekly cognitive behavioural coaching and recruitment consultancy to deliver to the coachee:

- Improved self-knowledge and self-efficacy
- Market view and insights
- Heightened self-confidence
- Career direction clarity
- The good leaver mindset
- Career transition support

## MEET THE COACH

**Career Reset** coach **Jan Kirkpatrick** has 30+ years' experience in executive search and organisational consulting.

**Jan** is a member of the Association for Coaching, with an advanced diploma in cognitive behavioural coaching, accredited emotional intelligence assessor and coach, with an extensive track record in advising and supporting executives through career transition, both in the UK and internationally.



"Using methods of positive psychology, with a cognitive behavioural approach, I help coachees to step out of their previous role and position them for their desired career outcomes. This allows coachees to become the most effective version of themselves and fulfil their career ambitions."

**Jan Kirkpatrick**  
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