



# CAREER RESET



A **personalised coaching programme** for executives and business leaders who are experiencing career transition: impacted by role redundancy / deployment / career blockage / career break, who seek to rediscover their purpose and reset their career path. Together we will:

- Review current situation, recent roles and career direction
- Confirm career anchors and working style preferences
- Identify and remove career blockages
- Develop personal/professional brand values and statement
- Create and implement a tactical career reset action plan
- Identify, explore and secure career opportunities

Through an initial one-to-one workshop, followed by scheduled coaching sessions, near office/home location, or via Zoom/Skype/Facetime, using **cognitive behavioural coaching** and recruitment consultancy to deliver:

- Improved self-knowledge & self-efficacy
- Heightened self-confidence
- Career direction clarity
- CV and LinkedIn profile, cover letters
- Career plan and job search strategy
- Networking capability
- Application support and interview skills
- Supporting calls & emails alongside coaching sessions

*“My approach is to work **with** the coachee, giving time and space for self-reflection, self-problem solving and goal setting, facilitating decision making and direction finding. I provide feedback, insights and ideas, where helpful, to support the individual throughout their career transition journey”.*