



A **career health check** for executives and business leaders who are

- Embarking on a new project / major initiative
- Considering career options
- Returning after a career break
- At a career crossroads/roadblock
- Seeking redeployment in their current organisation
- Want to change/define career direction
- Considering reskilling/career transition

*Through a one-to-one workshop, using psychometric profiling, capability assessment, along with competency and behavioural interviewing and cognitive behavioural coaching, we will evaluate and assess:*

- Current situation and career path
- Career anchors
- Working style preferences
- Core values, strengths and personality style

**To deliver:**

- Improved self-knowledge and self-efficacy
- Career direction clarity
- A personal/professional brand value statement
- CV and LinkedIn profile
- A **CareerNOW** action plan

*“My approach is to work **with** the coachee, giving time and space for self-reflection, self-problem solving and goal setting. **CareerNOW** is designed to provide individuals with a snapshot of their careers, a self-awareness of their key skills, competencies, values and aptitudes to assist them in decision making and career direction setting. I provide feedback, insights and ideas, where helpful, to support the individual’s thinking”.*

**CareerNOW** promotes employee engagement, cultural alignment, role effectiveness, Career sustainability, job satisfaction, health and wellbeing