



# CAREER RESET +



An **extensive, personalised coaching programme** for executives 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
- Identify and develop strengths, personality traits and core values
- Assess and remove any career blockages identified
- Identify career anchors and working style preferences
- 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 and followed by scheduled coaching sessions, near office/home location, or via Zoom/Skype/Facetime, multiple assessment and feedback frameworks are used, along with **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
- Regular support calls alongside coaching sessions
- Onboard coaching session with first month in new role

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