



Create a Career You Love

*Bespoke career coaching programme for professionals
who want more from their career.*

Programme overview:

- 12 hours of one-to-one contact time
- Unrivalled blend of career coaching and career consulting
- Workbook to track progress of each session
- 15+ resources and exercises to accelerate development
- Email mentoring between sessions

Suggested Programme Structure

1) Reflect & Plan: Pework, Sessions 1 – 2

Whether you're seeking a new role, a total career change, or just want to improve your performance in your current role, it's vital you have a deep understanding of yourself. Through a combination of self-reflection tools and discussion you will identify your unique qualities, and discover how you can articulate these to prospective employers through your CV, LinkedIn profile and in person.

You'll create a high level 5-year vision of what you ultimately want your career to give you, keeping you motivated and moving forward. You'll also map out the dates and content of your career programme, including key milestones and identifying positive habits you'd like to create.

Exercises & Resources:

Strengths Reflection, Personal Values, 3 Programme Goals, 60 Second Pitch, 5-Year Vision, Habit Road Map, Personal Development Recommended Resources

2) Options & Connections: Sessions 3 – 6

It's easy to dismiss certain career paths as being unrealistic or even impossible, before we allow ourselves to explore them further. Carving out time to write down a wide range of potential routes and options helps identify all future possibilities. If you already know the role you want, you'll focus on expanding your target list of employers. You'll likely be aware of the usual suspects, and it's a good idea to open your mind to a wider range of employers you may not have previously considered.

After creating a list of all your possible options, you'll methodically explore each of them with focused research, including honing and expanding your own personal network through conversations. Most people dread the idea of networking, but when you learn how to do it authentically - and on your terms - it can open up huge opportunities.

Exercises & Resources:

All About You: Brainstorm, Career Ingredients: What are you shopping for?
Future Career Options, 3 Career Goals, Guide to Authentic Networking

3) Stretch & Evaluate: Sessions 7 – 10+

Everyone has insecurities, and our motivation and professional confidence will often fluctuate. One of the most effective ways to develop our confidence is through the practice of stretching our comfort zone. This could be through more networking, mock interviews, or trying public speaking.

Reflecting objectively on successes and setbacks is important, as is shifting our mindset about failure. Learning to embrace failure and see mistakes as growth opportunities is not easy, but the more you practice this, the more resilient and self-aware you will become. You'll develop new skills, attitudes and habits that can serve you for the rest of your professional career.

Exercises & Resources:

Confidence Boosters & Zappers, The Science of Interviews,
End of Programme Reflection, Six Months Success Plan