



Career progression packages

Personal coaching is an investment in your life and the benefits are ongoing. Coaching creates a greater self awareness that will enable you to challenge and move yourself forward in the future, and you will gain skills and techniques you can use throughout your life. Here are some of the popular packages, which can be tailored to your individual requirements.

6 month career change package

When you want to change your job or career, cope with redundancy or set up your own business

- Focus on what is important in your career and find out where you are and what you want to do
- Understand and maximise your strengths, skills and experience
- Explore your dreams, ideas and career goals
- Understand what motivates you and take action
- Receive support throughout the career change process to achieve personal and professional success

This package includes 6 x 1 hour fortnightly coaching sessions for the first three months, followed by 3 x 1 hour monthly coaching sessions, plus support during the six month period by phone and email. It also includes either a DISC or an Emotional Intelligence personal profile with feedback.

Package fee

£595 Face to face (within 15 miles of Portsmouth)

£495 Phone or Skype

3 month rediscover your career package

When you need support in rediscovering what is important in your job or career, are seeking promotion or want to increase your confidence or impact at work

- Focus on what is important in your career
- Find out where you are right now and what you want to do
- Explore your dreams, ideas and career goals
- Understand what motivates you and take action to achieve personal and professional success

This package includes 6 x 1 hour fortnightly coaching sessions for three months, plus support during this period by phone and email. There is also the option of taking a DISC or an Emotional Intelligence personal profile with feedback.

Package price

£350 Face to face (within 15 miles of Portsmouth) plus £45 per profile

£300 Phone or Skype plus £45 per profile

2 month career kick start package

When you want to kick-start your career and want support and guidance to help you to take action

- Understand your current career situation and future aims
- Find out what steps you need to take to kick start your career
- Set yourself career goals and develop an action plan for your future

This package includes 4 x 45 minute fortnightly telephone coaching sessions.

Package price

£180 Phone or Skype