

3 Month Career Discovery Programme

The Career Discovery programme is for people seeking career change or facing redundancy. If this is you, you may find yourself in any of the following situations:

- ✓ You're facing challenges at work and want to find a job where you are valued
- ✓ You are going through changes and need help to get back in control of your life and career
- ✓ You feel like you are at a crossroads in your career and you don't know which direction to take and don't want to make the wrong decisions
- ✓ You may lack the confidence and self-belief to actually take action
- ✓ You want promotion, advancement and are not currently getting these opportunities
- ✓ You want a job that enhances other parts of your life too, which you don't have right now

The Career Discovery programme lasts for three months and during the programme you will:

- ✓ Focus on what is important in your career and life
- ✓ Find out where you are right now and what you want to do
- ✓ Explore your dreams, goals and ideal jobs
- ✓ Understand and maximise your strengths, skills and experience and learn which of these skills are transferrable into a new role
- ✓ Create a winning CV and know how to excel in interviews and assessment centres
- ✓ Understand what motivates you and take action to achieve personal and professional success

"Before coaching I was a bit lost on my career path. I had taken what I considered to be a professional wrong turn and had lost faith in my ability to achieve the things I desired. I found Karen through a local website search and enrolled on her 3 month programme. I have learned with Karen's help that with the right tools, motivation and encouragement I can achieve my goals, and bit by bit I am once again heading in the right direction" - Cassie

What is included?

- ✓ 6 x one-to-one coaching sessions over three months by telephone, Skype or face to face within 15 miles of Portsmouth – evening and Saturday appointments are available
- ✓ Access to careers information, articles and homework exercises
- ✓ Review of your CV and interview/presentation skills
- ✓ Support by telephone and email between coaching sessions
- ✓ A personal action plan for your career

Payment options

There are two payment options for the three month programme:

- ✓ Monthly payment of £245 per month
- ✓ Full advance payment of £675 (saving £60)

There is also the option of taking a DISC or an Emotional Intelligence personal profile with feedback to help you to better understand your strengths and skills and how they can be used in your new career (£50 per profile).

Places are available upon application only and all applicants will receive a complimentary consultation prior to acceptance. Please contact me to discuss how I can help you to explore your career options, make the right decision and find a job you will love.