

Career Coaching

The coachee, who had recently been made redundant, had not been in the job market place for some considerable time. They wanted to ensure that they gave themselves the best advantage when applying for new jobs.

We worked with them to emphasise and celebrate the professional success they had achieved in their career to date. By raising the individual's self awareness and by helping to facilitate self discovery we enabled them to clearly identify and focus on their strengths. We worked to build the coachee's confidence and self belief as this was essential following their recent redundancy. This enabled them to constructively approach the prospect of future interviews in a positive frame of mind.

The coachee, now recognising their own transferable skills coupled with their greater self awareness and self belief worked with the coach to prepare and plan for an approaching interview with a sense of clarity and confidence.

The individual secured a new position within one month of leaving their previous company and has successfully settled into their new role. This coaching relationship has continued since the individual commenced their role.

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