

*“Coaching facilitates growth or change in an individual, to develop positive, long-term measurable changes where successful business and/or personal outcomes, or objectives are achieved or achievable.”*

Career crossroads are not uncommon. Tough decisions and career direction require clarity; an external coach can unlock potential and address gaps that can otherwise be difficult to manage. Authentic coaching is all about a high level of self-knowledge and awareness. It’s hard to gain this understanding in a class room, reading or online. One on one coaching is the fastest and most effective way to develop self-knowledge and awareness for career direction. Support and understanding are required as an individual tests themselves and their, sometimes, long held beliefs about themselves and the world around them.

## Benefits of Coaching

- ✓ It provides for one on one specific and targeted support and development
- ✓ Adds value where specialist knowledge and targeted action is required
- ✓ Individual progress can be measured and tracked
- ✓ A bond develops between the coach and coachee which allows for much deeper and meaningful conversation and development
- ✓ There is an observable return on the investment for the individual, the team & the business
- ✓ A positive personal & professional transformation is achieved



## Career Coaching Support Outcomes

- ✓ Assessment of career status and personal goals
- ✓ Employees requiring support within their current role are provided the best possible opportunity for professional & personal development
- ✓ An understanding of the options outside of the organisation (if appropriate)
- ✓ Personalised 1:1 support should the candidate consider other internal or external opportunities
- ✓ Coaching to maximise engagement and productivity if current or redeployment role is up taken
- ✓ Empowering the employee to take control of their current circumstances and to ensure the best outcomes for both the individual & the business

*“Career Life Transitions program is rewarding from a developmental perspective. My coach is proving an immeasurable amount of help and guidance during a very important transition in my career and has helped me grow both professionally and personally”.*

*“The program is amazing. Using Career Life Transitions program really highlights your strengths and weaknesses and gives me the direction I need to decide which pathway to take. Career Life Transitions has altered the course of my career.”*