



## Career Clarity Programme

### Your coaching journey starts with pre-session self reflection

This bespoke workbook will help you explore your career history, successes, strengths and identify areas where you want to improve. Completed in your own time before the session, this gives us a head start, gets you focused on your values, motivations and what really matters to you. It will also encourage you to delve into what you really enjoy doing at work and help you understand why. This gives us a huge amount of information to use as a basis in the intensive coaching session.

### Your 3 hour intensive career clarity coaching session

By the end of the session you will have:

- A clear idea of what drives and motivates you
- Know what you want to achieve in your career and your short, medium and long term goals
- Understand your strengths and areas where you'd like to grow
- Know what resources and skills you have and what expertise you need to develop
- Clarity on your "perfect job" to use as a base for your future decisions and for you to refer to when opportunities come up
- A map of the first steps of a practical strategy that you can start on straight away to achieve your career ambitions.

There is the option to include a DISC or MBTI profiling questionnaire, which will increase the 3 hour intensive to 4 hours. We will discuss whether to use a profiling tool with you at the outset & discuss how it can benefit you.

### Finally to keep you on track you will have two 60 minute follow up coaching sessions

These will support you, keep you focused, and provide additional resources to address anything that may crop up as you progress towards your career ambitions. This time can also be used to optimise your CV or LinkedIn profile and prepare for interviews if needed.

**"I have always struggled to make decisions but working with Katherine helped give me a clear focus and set and reach targets. Katherine is incredibly personable and easy to talk to which always made our sessions together fun and relaxed.**

**This has been an invaluable experience for me and I would highly recommend working with Katherine to anyone struggling to choose their career path."**