



## **Find Your New Career Direction: A Seven Session Programme for Career Changers with The Career Coach ([www.thecareercoach.co.uk](http://www.thecareercoach.co.uk))**

Feeling stuck in your career? Have you thought of finding a new job elsewhere, but know deep down you're looking for a complete change, something that reflects who you have become rather than the person you used to be?

Being stuck in a career you hate is tough. Harder still is the loss of confidence in yourself it brings, and a sense of helplessness, because you don't know where to begin to move to a better career.

**In Find Your New Direction, you will find a new, satisfying career which is a perfect fit for you, one which inspires and energises you and gives you the recognition, development and progression you seek. Our clients tell us time and time again that completing this programme also brought the very real emotional benefits of improving their confidence and helping them to feel proud of their career once again.**

**Overview: In our Find Your New Career Direction: A Seven Session Programme for Career Changers Package you will:**

- Recognise your strengths and play to them in your career
- Clarify what's most important to you in your career (and your life) now
- Generate new potential career ideas and opportunities
- Critically assess which career options will be most enjoyable and viable for you (which could include past ideas you've overlooked or were too afraid to implement)
- Create a new compelling vision of your future career (and life)
- Design a strategic action plan plus an energising 90 day "next steps" plan, so you're clear about exactly what you need to do by when to fulfil your new career direction.

This highly supportive and comprehensive coaching package gives you much more than just one on one coaching calls. You receive:

- An in-depth **Strengthscope™ Psychometric Assessment**, with follow up 60-90 minute phone/Skype Coaching Session to help you identify your strengths, and the potential for using them in a new career.
- A **Suite of Assessments and Tools** available from my confidential Clients Only area of my website to get to know yourself and what you have to offer in more depth, including determine your work and life motivators, achievements, life purpose, skills, interests, ideal working environment and day. Plus a **Powerful Self Visualisation** exercise to hear what your intuition has to say about your new career direction...

- **Six 60 minute phone/Skype Coaching Sessions**, which you can schedule at times that are convenient to you, e.g. lunchtimes or when the kids are in bed.
- **Two 10 minute “emergency” phone/Skype Coaching Sessions** to give you extra support if you need it, plus **unlimited email support between sessions** to share an insight or ask a question.
- **“Idea to Fulfillment” Strategy Action and 90 Day Planning Tool**

Plus three BONUSSES

- **Inspirational Articles** on Career Change.
- **Transformational Beliefs Tool**, to identify and re-frame persistent negative beliefs and assumptions which could be holding you back from having your ideal career.
- **Direct Access to our Contacts from coaching hundreds of clients over the last 15 years**, who are or have been in the careers you are researching as possibilities for yourself. This is perfect if your professional network is small and we’re not aware of any other coaches who do this for their clients.

At the end of our Sessions, we’ll have a **Results Call** in which we review the progress you have made and your satisfaction with the value you have got from the programme, and discuss how you can be supported to *implement* your **Idea to Fulfillment Strategy Action Plan**.

#### YOUR INVESTMENT:

##### **Fees:**

**Seven sessions with Strengthscope meeting in London Bridge: Three monthly payments of £383 (total £1499) by bacs transfer or as one payment by credit or debit card over the telephone.**

**Seven sessions by telephone or Skype - £1149**

**Six sessions by telephone or Skype (excluding Strengthscope) - £997 also available**

##### **Time:**

Please allow 2-3 months to complete Find Your New Career Direction, and 1.5-2.5 hours per week to complete Coaching Assignments each week.

#### GETTING STARTED

To get started book directly into our calendar at <https://rostoyabee.coachesconsole.com/calendar/>

Remember to include in your booking your name, email address and telephone number, a short summary of your current situation and your expectations of the results you want to achieve with coaching at the same time.

I look forward to talking with you soon.

*Ros Toynbee*