

# Career Planning



Is it time that you planned your career?

- You feel stuck in your career and are unsure where you want to go next.
- Your career has been reactive, rather than proactive. You tend to fall into jobs or take the first opportunity that comes along, rather than strategically consider which would be the best moves for you and aim for these.
- Your CV says “series of jobs” rather than “career” and “progression”.
- Your career and life needs have changed, and your job needs to reflect this.

**If so, Career Planning coaching could help you explore your options.**



**the**career**coach**



**If you're at a crossroads and want to make the next move count, you may be asking yourself questions like:**

- "Should I go for a bigger role?"
- "Should I return to a different type of role, such as a more client facing or more technical role?"
- "Should I find another role in my current organisation or look outside?"
- "Would a move to different sector be more fulfilling?"

**Having a well thought out and up to date Career Plan will give you:**

- Clarity about your career and the various dimensions of career planning.
- A variety of possibilities to move forward.
- Clear next steps to take to advance your career, and
- Reduce the risk of making a wrong turn.

Ros coached me to help me get some clarity on my professional goals. She was very insightful and helped me greatly.

I particularly valued her honesty, efficiency and vast knowledge. As a result, I now feel calmer about my current job and excited about what is out there and possible for me to have a fulfilling life.

**Ana B. Investment Banker  
Career Planning Programme**

You'll receive six hours of coaching using our **proprietary One Page Career Planning Framework** as a structure to have in-depth conversations about where you want to take your career (and life).

These include but aren't restricted to areas such as:

- What are my strengths? How can I play more to my strengths in my next role? How should I position myself to stand out against the competition?
- Where are my gaps? What do I want to learn? Am I looking to build knowledge, skills, and experience in a bigger or different way?
- What are my career drivers? How can I make more of a difference? Use more of my creativity? Would a different kind of culture suit me – and does that exist or I am being too idealistic?
- Should I move out of London? Go abroad? Complete a Masters? Take a sabbatical? Start a new business or go freelance? If so, when would be the best time to do this?
- I don't want to return to my old job after maternity leave. Is there a better option for me and my family, and can I make it work financially?
- Having a genuine answer to the question, "where do you see yourself five years from now?" and a career vision to focus and inspire me.
- Developing my networking skills to raise my profile, hear about and seize new opportunities.

## HOW CAREER PLANNING COACHING WORKS

The programme results in a completed **One Page Career Plan** for you to take away and implement.

Choose from:

1. 6 X 1-hour weekly sessions, by telephone or Skype - £975
2. 3 X 2-hour fortnightly sessions, by telephone or Skype - £975
3. A one day face-to-face intensive from 9.30am to 4.00pm with lunch included at London Bridge for £1,100

The programme is available as a standalone package, or it can be combined with one of our Job Search packages.

## HOW CAN I FIND OUT IF THIS WOULD WORK FOR ME?

This programme is best suited to executives and professionals exploring their next **new role**, a potential **change of sector**, or to think through whether a particular **business idea** “has legs”. If you are looking to change career, which we define as a change in both role and sector at the same time, do look up our Find Your New Direction Programme.

The results you achieve will be determined by the level of focus and commitment you give to this programme. You will be more successful if you are open to being challenged, have the courage to step outside of your comfort zone and the discipline to follow through on actions arising from each call. You value learning and are committed to your own professional and personal excellence.

To find out more about how this programme works and whether it is suitable for you, we advise you to book a no-obligation 40-minute consultation by phone or Skype through our website (details below).

## Your Coach



**Ros Toynbee LLB**  
Director of Toynbee Associates

Ros has over sixteen years' experience a career management and leadership coach. Her business backgrounds are in law, media and financial services. She is passionate about helping professionals build careers that are rewarding for them financially, intellectually and emotionally and who want to make a difference. She has trained with many bodies including CoachU, Fireworks Coaching, the Centre for Right Relationship (CRR UK), and Newfield and is an NLP Practitioner. She is accredited at Master Certified Coach level with the ICF, making her one of the top 1% of coaches globally, and is regularly invited to speak at networking associations and in the press.



Website: [www.thecareercoach.co.uk](http://www.thecareercoach.co.uk)

Email: [ros@thecareercoach.co.uk](mailto:ros@thecareercoach.co.uk)

Phone: +44 (0) 20 7702 9299