

# Find Your New Direction

A seven session programme for those considering a career change



**the**career**coach**

Feeling stuck in your career? Does your job and/or sector no longer feel the fit it once did? Are you looking to explore new options?

It could be that you or your situation has changed, and you are looking for a new career that reflects your dreams and who you are now.

Find Your New Direction will give you the clarity and confidence you need to make a positive choice and enjoy a new direction that is satisfying for you and which you feel truly proud of.



Being stuck in a career you no longer enjoy is tough. Harder still is the loss of confidence in yourself that it brings, and confusion, because you don't know where to begin to move into a better career.

How would it be if, instead of going around in circles trying to figure it out on your own, that you worked with an experienced guide - and a tried and tested process that over 400 of our clients have individually benefited from over the last ten years - to finally:

- Get clear on your new direction and be certain why that's a great choice for you?
- Have a compelling mid-to- long term vision for your career and life to focus and motivate you?
- Have a clear action plan to transition from what you are currently doing, to your new career?

"I was in a respectable career and worked hard to get to where I was, but had become bored and depressed and didn't know where to turn.

The tools Ros provided were invaluable. They enabled me to understand why I was feeling this way and more importantly how to approach and change my life for the better. I am now far happier and optimistic about the future.

I am extremely grateful to Ros for equipping me to make informed career decisions for myself and that insight and knowledge will assist me in making the best career and life decisions for me, for the rest of my life".

**Simon, Find Your New Direction programme**

**In our Find Your New Career Direction: A Seven Session Programme for Career Changers Programme you will discover how to:**

- 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.

## HOW FIND YOUR NEW DIRECTION WORKS & FEES

Receive so much more than just one-on-one coaching calls in this highly supportive and comprehensive coaching programme:

- An in-depth Strengthscope™ Psychometric Assessment, with follow-up Coaching Session to help you identify your work strengths, and the potential for using them in a new career.
- A Suite of Assessments and Tools from our website including work and life motivators, achievements, life purpose, skills, interests, ideal working environment, inspirational articles, our transformational beliefs tool and more.
- Six 60-minute 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 plus email support as and when you need it to share an insight or ask a question.
- Our "Idea to Fulfilment" Strategy Action and 90 Day Planning Tool

**Face to face at London Bridge**      **£1,499 (deposit of £449, plus 2 x £500)**  
**By phone or Skype**                      **£1,149 (three instalments of £383 p.m.)**

Please allow 2-3 months to complete this programme and 1.5-2.5 hours per week to complete your coaching assignments.

## HOW CAN I FIND OUT IF THIS IS FOR ME?

Find Your New Direction is most suitable for people who are at a career crossroads and who want to step back and get 100% clarity on who they are and what they want from their career and life before exploring a range of options, including those not on their original list.

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.



### 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.

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