



## Career Coaching

As part of your Employee Assistance programme, each year you may be entitled to a 50 minute telephone session with one of our Career Consultants.

Our Career Coaching service can help you achieve short term goals, clarify longer term career objectives and explore a range of work/career issues to support your current role or career development within your organisation.

Personal development means investing in continuous learning and planning with consideration to change and evolution within your organisation.

### A conversation with a Career Consultant will help you to:

- Define your own values and aspirations for your short and long term goals.
- Analyse internal opportunities and learn how to present your current experience in a way that's relevant to a new opportunity or change of direction within your organisation.
- Explore how your current skills fit with your organisation's needs and create a personal development plan to increase skills and learning to achieve goals.
- Remove barriers to achieve goals.
- Discuss a forthcoming promotion, plan for internal interviews or the first 60 days of transferring into a new role.
- Plan for role changes, promotions and retirement.

### To make an appointment

Call our Helpline to speak to an adviser who will refer you to our Career Consultant Team.

The service is **confidential**, and may be delivered as part of your Employee Assistance Programme.