

# CAREER TRANSITIONS

**Are you ready for a career change or having to make a career transition to a different role but have no idea what else you could do – or where to start?**



Blend's Career Transitions programme will support you to explore your options, identify your transferable skills, learn how to develop your personal brand and online profile as well as develop strategies for your job search and provide you with tips on successful interview techniques.

Our aim is to encourage you to be clear on your talents and abilities, therefore, our focus is goal setting and action that will enable you to take the next step in your career.

**This package comprises 3 x one-to-one coaching sessions and sessions will be tailored to your needs but is likely to include:**

- ✓ Consider how to deal with change, discuss your career options, identify your transferable skills and how to market yourself.
- ✓ Support to help you prepare your CV and develop your Interview Skills, including the psychology of interviews, different styles of interviews and how to deal with critical questions.
- ✓ Review your progress, analyse your results and decide what your next steps should be.

**Our Careers Transition programme will also provide you with information on LinkedIn to support you in building a strong professional network.**



## YOUR COACH

- Caroline is a professionally qualified careers coach who is passionate about supporting people through redundancy or career transitions.
- Over 20 years' experience spanning the public and voluntary sectors with extensive experience in supporting individuals facing the threat of redundancy and career transitions.
- Caroline's focus is to encourage individuals to explore their options and have the confidence to make informed choices.
- Building on her experience in Careers Guidance as well as qualifications in counselling skills and coaching, Caroline is an accredited master coach with the International Authority for Professional Coaching & Mentoring.

## WHAT PREVIOUS PARTICIPANTS HAVE SAID

“Caroline is calm in the storm. She is the voice of reason who challenged my thinking and helped me sort through the tangled threats that had me confused. Caroline helped me to see situations in a new light and consider ways to deal with difficult situations.”

“I was faced by a profusion of choices and was struggling to make a decision about my next steps. I didn't feel that someone from my organisation could bring the objectivity and clarity I needed, so sought coaching support from Caroline... and my expectations were completely met.”

“I really enjoyed my coaching sessions with Caroline, and I found a sense of calmness to order my thoughts.”