



Company Contact Name: Blend Associates Ltd
Contact Details: info@ltdblend.com
LinkedIn Profile: linkedin.com/in/caroline-king-careers-coach
Geographical Base: Scotland, UK

PROFILE:

Caroline is a careers and skills development coach based in Edinburgh and currently provides online coaching across the UK. Caroline holds a professional careers guidance qualification, is a Registered Professional with the Career Development Institute and also has Master Accreditation with the International Authority for Professional Coaching & Mentoring (IAPC&M).

Caroline provides clients with a safe space in which to explore their ideas and options. By providing clients with a range of coaching tools and techniques, they are supported to focus on what they want to achieve and identify what they need to do in order to get there.

With over 20 years' experience supporting clients to develop their skills, clients value her insights and practical, calm approach. Caroline's background in Careers Guidance and Coaching means she provides a blended style of careers & skills development coaching and guidance.

COACHING, MENTORING & FACILITATION EXPERIENCE:

COACHING:

Over 10 years' experience as a Careers Guidance practitioner working with adult clients with a range of career guidance needs. This included redundancy support to organisations through one-to-one guidance and/or employability workshops.

Over 11 years' experience as a Learning & Development Manager with a not-for-profit social care organisation with strategic responsibility for induction and workforce development.

Volunteer Intake Worker with Lothian Marriage Counselling Service for 3 years in 1995-98. This involved working with individuals and couples to help them ascertain whether or not the agency was right for them. Supported them to agree strategies that would help whilst waiting to see a therapist.

Client list includes:

- Managers and team leaders wishing to make changes to help them make better use of their time and skills, or who wish to make a change of career direction.
- Individuals who wish to cope better with change and challenges in their personal or professional life.
- Individuals who wish to understand better what their options are and make effective decisions.
- Individuals who are facing the threat of redundancy.

FACILITATION:

NHS England & Improvement Jan – Mar 2021

Co-developed and co-delivered team development sessions. Learning included identifying personal and team values and exploring new ways of working that demonstrate agreed team values.

Carr Gomm Jun 2009 – Nov 2020

Developed and delivered training for managers and frontline workers on equality & diversity, time management and facilitation skills.

Careers Scotland Jul 1999 – Jun 2009

Developed and delivered a range of workshops for external and internal clients, including CVs & Interview skills workshops and Equality Impact Assessments for Careers Scotland product managers.

PSYCHOMETRIC PROFILING:

- PROPHET Accredited Practitioner

KEY SKILLS:

- Coaching professionals to explore their career and/or personal development options and support them to make informed decisions.
- Supports individuals to explore personal motivations, behaviours and options.
- Helps individuals develop their decision-making skills, identify their transferable skills and work through key life or career transitions.
- Facilitating workshops

PROFESSIONAL QUALIFICATIONS AND TRAINING:

- PROPHET Accredited Practitioner Certificate
- International Authority of Professional Coaching & Mentoring - Master Accredited Coach.
- Life Coaching Diploma gained with Achievement Specialists.
- Registered Professional with Career Development Institute.
- Post-graduate Diploma in Careers Guidance Part I & II gained through the Improvement & Development Agency (ID&A).

PROFESSIONAL MEMBERSHIP:

- Registered Professional Member of the Career Development Institute
- International Authority of Professional Coaching & Mentoring accreditation

CAREER BACKGROUND:

Caroline returned to full time education to study for a degree in Politics & Modern History at Edinburgh University in 1991. She then completed her post graduate diploma in Careers Guidance and went onto work for Careers Scotland. She quickly moved into working with adult clients supporting them to work through key career transitions such as facing redundancy, returning to work after a career break, changing career direction. During this period, Caroline completed her coaching qualification. Caroline then moved into an equality role ensuring the organisation met its public sector duties and supported managers to complete equality impact assessments. In 2009, Caroline joined a not-for-profit social care provider as a Learning & Development manager providing strategic workforce development support.

Caroline now works independently as a careers and skills development coach enabling her to focus on her passion and commitment in working with individuals, supporting them to realise their potential.

RECENT TESTIMONIALS:

"I was finding work very stressful and someone at work recommended speaking to Caroline. I found Caroline easy to talk to and working with her helped me look at what was at the root of my stress.

Caroline is very good at asking questions that made me think about and explore what my options were. With some research on my part, I decided that early retirement was a viable option for me. I have since given up paid work and volunteering part of the week which I am thoroughly enjoying. Caroline is a skilful coach, and I would recommend her."

Retired senior manager, voluntary sector

"I wanted a different career but unsure what direction to go in. Caroline very quickly made me feel at ease. Through her questioning and by using some tools Caroline provided, I was able to narrow down what options I wanted to consider for my future career. Caroline helped me think through my ideas and I now have a clear idea of what I want to do in the future "

Retail Manager