

Career Coaching

Program Outline

This is aimed at people in different situations and phases of their lives. There are four career coaching focus areas, and all career coaching will always be one of these areas or a combination thereof. **Keep in mind that coaching is a process. Herewith an outline of the career coaching options.**

1

Optimal Future Career Choice

For the individual who has to decide on an optimal future career. People of all ages arrive at a point where they must decide their optimal future career. This could be a young person leaving school, college, or university, or it could be someone who has been out of the workplace for a relatively long period and wants to return. The process is the same, and it consists of the following primary coaching sessions. .

Duration: Three coaching sessions are recommended, but this is for the coach and client to decide. Minimum two sessions but not more than four sessions.

2

Career Progress

Coaching for those who want to make progress within their current careers. These individuals don't want to resign or search for something different; they want to make positive progress within their current careers. This is a long-term engagement, and it works best if the client commits for a minimum period of six months to a year. After this period, the client and coach should have an informal discussion to decide on the road ahead.

Duration: For as long as the client chooses, but not less than ten sessions.

3

Career Change for Optimal Job Satisfaction

Individuals who want to make a career change for whatever reason. Many individuals are in careers that do not work for them. They are frustrated, they don't like their jobs, and they want to do something different. The problem is that they don't know what. Follow the process to the point of compiling a future career plan. Then recontract with your client and decide if more coaching sessions are necessary.

Duration: Minimum two sessions but not more than four sessions.

4

Post Retirement Career:

Individuals who feel that they would like to start a new career post-retirement. The career coaching process is a powerful journey in helping someone craft a post-retirement career. This is a short-term engagement where the coach and client need to work through the Career Report and decide on the optimal post-retirement career.

Duration: Minimum four sessions