



Our annual career self-review coaching sessions offer a non-judgemental, confidential, space to self-assess career progress, undertake thoughtful reflection and build meaningful goals for career development.

Using a structured SWOT based approach and the science of positive psychology, which focuses on building performance based on working style strengths, we will:

- Build self-awareness and understanding of your leading working style strengths
- Reflect on results, successes and challenges of the past 12 months
- Explore career direction, opportunities for personal and professional growth
- Review wellbeing and work-life integration for career sustainability

The session can be used to prepare for an upcoming annual appraisal, or post-appraisal to help to process feedback, translate insights into actions and next steps.

Self-audit your career track, with a qualified career coach to facilitate your thinking and provide a strengths framework, perspective, insights and ideas (if requested!).

At the end of the session, you will be able to:

- ✓ Articulate the successes you have had and the results you have achieved
- ✓ Demonstrate your working style strengths
- ✓ Set meaningful goals and next steps for your career
- ✓ Update your professional profile



Book your personal one-one Zoom session to fit your schedule – between 8am and 8pm Monday-Friday.



About your coach

[Read about me](#)

Investment: £145

[Book here](#)