



Your Career Plan 121 Coaching

"I love my new role and feel inspired by my work." - Jo Eggeman, from educational publishing to Children's TV.

Context

Career coaching provides a very special opportunity.

The chance to stop, reflect on the story so far and consciously choose what the next chapter of your career will be. This is important because many of us 'fell' into our careers, without choosing them.

We spend a lot of time at work and we want that time to count.

Our unique Career Equation® method has helped hundreds of people in the UK, USA, Singapore, Germany, Italy, France, Australia, Kosovo and Tanzania to design a career they love.

$$\frac{\text{SKILLS + PASSION + IMPACT}}{\text{ENVIRONMENTAL FIT}} = \text{THRIVING}$$



Our Approach

Our 6 part method gives you a structured, supportive process that reunites you with your key gifts and helps you design a fulfilling career, where you use these gifts to do remarkable things.

Our coaching is not a long-term process. We aim to make ourselves redundant. If we work together well then just 6 sessions will get you to your career goals and a new role. We've seen it time and time again.

"Erica listened to my situation in detail then, with a couple of simple tweaks to my approach, she completely shifted the way I had been tackling my career issue." – Rebecca Wood

Package

Here's what's included:

- ★ Upfront diagnostics and start up forms to get us 'on the same page'
- ★ 6 x 121 sessions of 60-90 minutes in person or delivered virtually
- ★ Homework assignments and stretch projects to move you toward your career clarity
- ★ CV and Covering letter review (and an education in selling your skills and expertise)

"Erica's patience, compassion and sharp intellect helped me make sense of my 'organic' career path and find a clear direction. Over a period of about six weeks, she was able to tease out what actually really matters to me which gave me the confidence to seek what I wanted." – Susan Emmett, from Think Tank Researcher to Head of Engagement for Homes England.



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“I was struggling for direction in my career. Erica is a friendly, supportive and clear communicator. Within a very short time she had drawn on her experience and creative insight to unlock a whole raft of possibilities.” – Gus Marshall Andrew, from Operations Director to Director of Real Estate Asset Management.

In Part 1: Discover Who You Are... Really

Our unique Career StoryWork helps us to explore your career story so far. By looking back, we can identify your unique skills, abilities and where you thrive. You will leave this session with a clear sense of what makes you, you.

In Part 2: Rework Your Story...

So many of us are overwhelmed by choices in our careers. Too much choice can be a bad thing. Using the unique Career Equation® method, we make it easy to discover what success looks like for you and to give you the criteria to make confident and well informed decisions about your next role.

[Click here to find out more about The Career Equation®!](#)

In Part 3: We Lift Off!

Now that we know who you are, what you want and have created the mindset to make career transformation happen, we set goals and design and implement Your Career Plan! Your coach will work alongside you on applications, CVs and interview practice to get you over the line you're your new role. And after all that, it's time for us to celebrate your success.

“I knew I wanted to make a career change and I knew what I was good at. I didn't realise it was possible to find a job I was both good at and that would make me happy. Erica offers a wonderfully holistic approach to career progression and change; she identifies what motivates and delights you and encourages you to be alive.” - Gilly Orr from the BBC to Social Business.