

## Finding a career/project that's right for you | Making a change

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**Wellington CBD, Johnsonville, Porirua, Petone**

### About Career Counselling

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This service is ideally suited to those who find themselves in any, some or all of the following situations:

*"I'm not sure I'm in the right career/ (job/vocation) for me"*

*"I think I'm in the right career but am not sure"*

*"I'm working right and it's not working for me but don't know where to go next"*

*"I'd like to change careers but don't know where to start"*

*"I'm unhappy in my current job and don't know why and/or wish it wouldn't get me down so much"*

*"I've lost confidence in myself at work and want to make a change e.g. through a bad work situation or work environment or the work no longer satisfies me or lacks meaning"*

*"I have an idea what I'd like to do but can't bring myself to make the change / am afraid to / know something's holding me back but can't push through it"*

*"I'm not sure if having a career is right for me or it's something else I really want"*

Over a period of typically 6-12 sessions we work together to:

- Examine attitudes and beliefs surrounding your career to discover what's holding you back/moving you forward.
- Explore your interests, learning and thinking styles, preferred skills, personality, values and working style to gain insight in to what occupations, industries and work environments match your preferences in these areas.
- Master a set of practical techniques for identifying places to work that match your career goals and preferred working style.
- Uncover areas where you require practical advice and support surrounding the process of uncovering hidden jobs, job hunting, and interviews. Templates, information sheets and general advice and support will be made available to guide you in this area e.g. a template for developing a CV and cover letter.

Sometimes homework between sessions supports this exploration. Allow 2 hours outside of each session for this.

### Coaching methods, techniques and resources

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The process I use draws from the work of well-known career methodologists and psychologists both here and overseas. An example is "Myers Briggs profiling" to determine your personality profile in a work setting and careers that match those styles. Card sorts, questionnaires, narrative, brainstorming and a range of other techniques are used to help you examine your ideas and preferences in the areas identified above. Books and other materials are also provided. Some people respond better with a counselling approach so I may use this also.

### Every person is unique so the process is tailored to your needs

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Throughout the process I look for opportunities to tailor the process to your working style preferences and interests. Where you enjoy exploring ideas with friends for instance, I will

tailor homework exercises to enable this e.g. brainstorming career options with friends based on the results of card sorts and their knowledge of your likes and dislikes. This process often helps people build their own career support network so that they can tap it when making career decisions in the future for years to come. Sometime people develop self-awareness and resourcefulness through reading, self-reflection or spending time on their own. Both are equally valid and valued throughout the process.

### **CVs, cover letters, interview training, social media profiles, salary negotiations**

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These are provided as separate services as many people draw what they need to know about these areas from the general advice, support and templates made available during this process. CV writing and interview training services can be made available and separately quoted for on request.

### **Sometimes changing careers isn't easy**

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Often people find it difficult to make a change for one reason or another. Illness, a bad work experience, or sometimes even the idea of making a change can feel really hard. This process is based on exploration and discovery where you are in control. In sessions I check to ensure your comfort with the process. You will know when you are ready to make a change.

### **How to get started**

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1. Call me to arrange a time to talk about your needs and to see if and when I can help.
2. I will then recommend a programme and provide costs.
3. We make out first appointment at a time that suits you.

### **About me**

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After completing university degrees in marketing and social sciences I began my career in the Dunedin share broking industry.

I have worked across a range of industries doing many different jobs for 25 years. The list has included Telecom, Synergy (now Fronde), government departments with roles in finance, market research, training and development, internal communications, business process engineering, business systems analysis, project and line management, human resources and more recently counselling and trauma services.

Through my human resource experience I worked extensively with hiring managers in recruitment and job applicants; so understand the requirements of employers in depth.

Like many of my clients, I have had my career ups and downs and in 2006 I began to lose enthusiasm for my work in the corporate world. Realising I wanted to create a life that combined my interests, the lifestyle aspirations I share with my husband and the desire to work with people I embarked on my own journey of career discovery. I have been supporting people with career change since 2007. When I'm not working I keep bees, cook, garden, fish, boat, travel and support the political and environmental causes I believe in.

I've provided career counselling to people from ages 14 through to 71. Clients have taught me it is never too late to make a change, all age groups face prejudice and opportunity in today's job market and work does not have to stop when you reach 65.

***Thank you for finding out about this service (027) 659-4450,  
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