

CAREER COACHING SERVICES

We understand that for many of you the thought of finding a job and preparing an effective CV as well as getting prepared for an interview can be daunting and time consuming.

We also know that many of you are in the middle of a career transition and often need the services of an independent professional to offer advice, support and coaching on how to effectively change or reposition your career.

We have worked in this market for over 20 years providing advice and coaching to Executives, Managers and Business Administration Talent across many industries and disciplines nationwide.

We understand the importance of Personal Branding in today's market and offer a supportive service to those of you looking to boost your career confidence during your time of change.

Typically we suggest a 1-2 hour session for our one on one coaching services and this is charged on an hourly rate. We focus on your specific career needs during this time and cover the following;

1. CV Review and Suggestions
2. Effective cover letters
3. Effective branding
4. Interview preparation and planning
5. Role play base around specific relevant competencies
6. Career positioning within your company – helping you assess where you are now in your career and where you want to be. You may want to move in your company but not sure how to get “buy in” or how to brand yourself within?

Please feel welcome to ask Therese about this service in detail.

Phone 09 3090266 or Email therese@wholeoranges.co.nz