

WE HAVE THREE PROGRAMMES AVAILABLE THAT ARE SPECIFICALLY DESIGNED TO CATER TO THE INDIVIDUAL NEEDS OF OUR CLIENTS.

The Personal Career Research Programme includes steps 1-6 of the career coaching process. The programme consists of 10 hours of coaching with at least three one-hour coaching sessions per month and unlimited email support.

The Job Search Programme includes steps 3-6 of the career coaching process. The programme consists of 6 hours of coaching with at least three one-hour coaching sessions per month and unlimited email support.

The Pick and Choose Programme involves clients selecting from the career coaching process to suit their needs, with a minimum of three one-hour coaching sessions per month and unlimited email support.

Contact us today to learn more about our services and quotes.

Company Registration No. 14958628

RENEWAL AND OPTIMISM COACH

 admin@renewaloptimismcoach.com  07482 361412

 www.renewaloptimismcoach.com

AFFILIATED AND MEMBERS OF:



THE ROLE OF THE CAREER COACH

A career coach supports clients in finding their own answers in their career journey; serving as a personal Career Search Strategy Development Director.

ROLE OF THE CLIENT

A client works with a coach to identify career obstacles via proactive conversations and tasks.

THE CAREER COACHING PROGRAMME:

- ◆ Assists in navigating through uncertainty
- ◆ Cuts interference
- ◆ Identifies potential
- ◆ Creates awareness
- ◆ Induces responsibility
- ◆ Increases self-esteem

THE ROLE OF THE CAREER COACH

A career coach directs clients to reach a performance-oriented goal or objective. For instance, achieving a specific objective in the short term, or performance outcome in the long term.

OUR CAREER COACHING APPROACH:

- ◆ Is task and performance-oriented
- ◆ Provides support to clarify and refine goals
- ◆ Establishes confidence in the relationship
- ◆ Listens
- ◆ Asks questions
- ◆ Reviews
- ◆ Sets action plans



CAREER COACH

SUSTAINABLE CAREER
DEVELOPMENT
EMPLOYMENT SEARCH
CAREER CHANGE
IN WORK SUPPORT

OUR COMPLETE CAREER COACHING COMPRISES:

1. Goal setting & Self Assessment

This model assesses clients' values, goals, and desired outcomes to clarify the desired result of the coaching sessions (What do you want?) and assess what is happening (Where are you now?).

2. Research and Decision-making

We assist clients in researching fields and companies and evaluating career options. (What will you do?).

3. Action Plan

It is important to implement steps identified to achieve clients' goals. (When will you do it?).

4. CVs, cover letters and applications

We guide and assist clients to develop CVs, write cover letters and fill in job application forms.

5. Interview preparations

At Renewal and Optimism, we support clients with interview preparation.

6. Transition to work

We help clients negotiate salaries and offer in-work support.

OUR HOLISTIC APPROACH TO COACHING INCLUDES:

Emotional support for jobseekers

The Renewal and Optimism Coach provides emotional support to clients through coaching services to help deal with job loss and/or the job search.

Unlimited Email support

According to individual needs, the Renewal and Optimism Coach offers unlimited email support to our clients as part of the coaching delivery service, reflecting our commitment to supporting our clients through their career journey.