



Xplore for Success - Career Compass A Coaching Program for Individuals

Overview

Career compass is a three-session coaching offering to assist individuals who want to reflect on their career directions, focus on their aspirations and develop clear plans to achieve their goals. Each session is 1.5 hours long and will have considerable follow up for the individual to carry out between sessions. At the end of the three sessions, individuals can expect to have a clearer picture of their life and career goals and how they can build and follow a path to achieve their objectives.

This is a program that offers and guides the individual to reflect on their strengths, evaluate their skills, challenge their thinking on the opportunities that are available for their future career and develop a set of actions to achieve their identified goals.

Session 1

The first session guides the participant through a self-awareness process of their life and their goals and also leverages the DISC analysis (based on the DISC form filled out before the first session). Participants will have the opportunity to reflect on their life as a whole and challenge themselves to review their key life objectives.

Session 2

The second session will centre on finding the key elements that the individual would like to have within their career. Participants will review their strengths, career requirements current skills sets and the industry sectors of interest. Follow up from this session will include identifying a group of individual organisations that are of interest and researching them before session 3.

Session 3

In the third session, the individual will review their CV for content and approach, their current network and how and what should be undertaken to provide the contacts needed and map out the actions that they should undertake to work towards their future career goals. At the end of the session the individual will have clear actions to take forward.

Summary

This is an individualised group of coaching sessions, which will be tailored to the individual's needs. Thus the notes and recommended readings may vary from one individual to another.

Cost: \$2,000 (plus GST) for the three sessions, session notes, appropriate readings and their personal profile.

Xplore for Success – Personal success for professionals

Managing Director – Diana Ryall, diryall@xplore.net.au, 0412 218 832
General Manager – Michele Owen at office@xplore.net.au , 02 9660 4526