

# A Career Health Check

## What is a Career Health Check?

This 30 minute diagnostic discussion is designed as a way to help us find out about each other.

- We find out a little bit about you — your career history, your current situation, what you hope to change about your career, and the sort of help you are hoping to get from us.
- You find out about us — whether we think we can help you and, if so, what services would be most appropriate and how we would approach helping you.

## What can be achieved in that time?

In 30 minutes we obviously can't make any promises about sorting out all your problems — that's why we only charge £49 (and if you do book a full session, we'll discount this\*). However, we aim to get a clear understanding of the most important issues in your situation. We would then give you an idea of how we would tackle your problems and what we would focus on in any subsequent sessions. We will also tell you what you can do before your first full consultation in order to make the most of your time with our consultant.

You also have an opportunity to get a feel for our approach to career coaching to decide if it would suit your needs. You may also find that just discussing your situation with a consultant gives you a fresh perspective on how to approach things.

## Does it always lead to a full consultation?

- If we think that you wouldn't really benefit from our services, then we'll tell you.
- If we are aware of places where you could get more appropriate help, we'll let you know.
- If the answer to your situation is fairly straightforward and something you can do without our help, we'll give you immediate advice.

In the end we will leave the choice up to you. We won't pressure you to sign up to a fixed programme of sessions on the spot. We just want to give you an opportunity to discover whether we can give you the help you want and if you want to work with us on shaping your career.

*\* If you decide to follow up and engage in a career coaching partnership we'll re-fund the cost of the session. And even if you choose only to book a single 1 hour pay as you go session we'll give you half your money back.*