



Worklife's career coaches have varied portfolios of industry experience. A career coach is uniquely matched with each client to ensure a productive, enjoyable relationship ... no matter what the need.

Often barriers prevent a team member from attending a career planning and development workshop, or scheduling time with an in-house career coach. Irrespective of what those barriers might be, one-to-one career coaching with a Worklife consultant may be the answer. Worklife has provided personalised career coaching since 1979, and thousands of clients are in new, more satisfying roles today, because of the attention and focus these sessions create.

Who should attend

One-to-one coaching is ideal for executives wanting confidential discussions; people who require individual attention; team members considering their next step; and time-limited individuals.

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Outcomes

As a result of meeting with a career coach in one-to-one sessions, the client:

- Accepts responsibility for career planning;
- Becomes more fully engaged in his/her career;
- Considers role options available to him/her;
- Develops career resilience and self-reliance;
- Identifies support available to him/her;
- Increases self-awareness;
- Investigates his/her work preferences;
- Is empowered through new learning;
- Maintains motivation throughout the process;
- Plans the next steps of his/her career path;
- Understands today's work expectations.

Facilitation and duration

One-to-one hourly sessions; on average six to 10 meetings.

Following an exploratory first meeting, a Worklife career coach will recommend and plan a tailored program to meet the client's specific career development needs.

