

# 121 career coaching for individuals

## What is career coaching?

Career coaching helps individuals discover what they really want to do with their lives and then develop a strategy to achieve it.

### A 121 career coach helps you to:

- discover and understand who you really are
- identify and clarify what you most want
- create and develop strategies for how you will achieve your goals

A 121 career coach will help you manage a career that is congruent with your personal life and values.

## How can a career coach help you?

121 career coaches work with you to explore how your work life fulfils you. Work now takes up major part of our lives and how we balance work and personal life has become an art. When you have the correct balance in both areas work then provide an opportunity to stretch you to reach your highest personal needs and aspirations.

121 coaches discover with you how challenged you feel, how you are being developed, how your talents are being utilized, or not. Do you feel stretched or do you feel that some of your talent is unrecognised or wasted?

The **SMART** way to do business

# 121 business coach



A 121 career coach can help you identify what you really want out of life – what would really give you satisfaction, make you feel fulfilled. A 121 career coach can help you appreciate the skills and experience that you have accumulated and help you identify opportunities and a network of contacts who can help you.

Together with your coach, you can analyse what you have found, set goals and then develop a strategy to achieve the career you really want. It may be progress in your existing organisation. It might require a complete change of direction. You may need to develop or improve existing skills.

With a plan and someone to support you along the way, you will be well on the way to success.

### **When can a career coach help?**

Career coaching is particularly relevant when you are faced with change. promotion, change of job, redundancy – or even retirement. or you might just want to review where you are now.

Today's turbulent environment demands more from executives. As goals, roles and business conditions change, executives must learn new skills and hone their old ones. It is true that to stand still these days you must make constant progress! Working with a career coach will ensure that you don't just stand still – but achieve the progress you want.

### **Find out more**

We don't know whether you have yet defined a need, or whether you would like to learn more about career coaching.

Whichever it is, 121 career coaches are here to help in these all important decision making processes.

**Please call Yvonne to book an appointment or find out more**

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