

# Your Career Coaching Programme

9  
hrs

To initiate your Career Transition Programme, start by calling Shannon Rowlands who will describe the support on offer. She will discuss what you need and let you choose a coach who will help you navigate your career transition. Choosing a coach might involve looking at the profiles of our team or watching their videos. Shannon will explain how the programme works, what the coaching experience entails, and what resources are available via our coaching app.



**The first session with a career coach takes place at a time and place to suit you**

**Some people prefer virtual sessions and others face to face**

**In this session, you will discuss your aspirations and the support needed, then sculpt a bespoke programme to meet your needs.**

Support differs for each individual depending on experience and career stage. So, a 25 year old hoping to use their skills in the same industry will undertake a job search different from that of a 45 year old seeking a change of direction.

Our coaching app allows you to select your coach, directly message your coach via the chat function, meet online via the in-house video platform, use the appointment scheduling feature, and create and track goals. You will also have access to our development hub, which has a wealth of information such as the Everlasting Employability and Future Proof Yourself workbooks, articles, e-learning courses and podcasts.

**You can call your coach whenever you need support and use the coaching platform to communicate virtually, share ideas and resources and ask questions 24/7. We're there for you - giving access to help, reassurance and motivation as and when you need it.**

That said, our career transition programmes are not a predetermined series of steps and milestones. 10Eighty focus on creating self-awareness, helping clients to understand their values, motivators, career engagers – the things that drive job satisfaction. When you understand what energises you as well as your talents, you can better articulate your offer to prospective employers. We help you to formulate an elevator pitch - a proactive way of controlling how you are perceived in the marketplace, detailing what you are looking for in short term and longer-term career aspirations.

You'll validate this with two trusted advisors before taking your pitch to your network. Your coach will encourage you to identify who in your network is likely to help in your job search and advise you on developing and nurturing your network.

Networking is a life skill and 10Eighty help you to think differently about techniques to build confidence. There is a clear correlation between the effort invested in networking and cultivating contacts and success in mapping a satisfactory career path. You will be given access to our webinars that help you improve your networking skills and how to make the most of LinkedIn.

Once you have identified target organisations likely to need your talents and where there is a culture in which you are likely to thrive, then you go out to your network for introductions. The aim is to get in front of the person in an organisation who has the power to hire you.

10Eighty will support you in making job applications, advise on how to make the most of head-hunters and recruitment firms. We'll help you to craft an effective CV and ensure that your LinkedIn profile is fit for purpose, showing you how to get noticed by recruiters on the platform and maximise your opportunities.

Your coach will ensure you are interview ready, help you with research, interview practice and positive psychology so that you are the best candidate the hiring manager will see. Our career portals include an interview simulator.

Our approach is not only about job search, but about investing in yourself and building skills for the future to benefit your whole career path rather than just the next role. Our service is always personalised, and you will be offered advice that's right for your skills, experience and aspirations.

**It doesn't end there. We'll help you negotiate the job offer and secure the best possible package. We'll offer coaching to help in your first 90 days of the new role.**

## Next steps

We would strongly recommend you use the support made available to you.

To find out more about your programme and to book your introductory call please contact

**[Shannon.rowlands@10eighty.co.uk](mailto:Shannon.rowlands@10eighty.co.uk)**  
or call **0207 952 8699**

Alternatively, please email  
**[info@10eighty.co.uk](mailto:info@10eighty.co.uk)**

It's not just about a new job, you'll leave 10Eighty with a career plan for the future and a better understanding of your personal brand identity which enables you to more effectively tailor the personal and professional presentation the world sees and cultivate your image to build your reputation and expand your network.

Best of all we'll be there to help you celebrate completing your probationary period and wish you success in the next phase of your chosen career path.

Don't just take our word for it, [follow this link to hear Myles' story.](#)

**10EIGHTY**

**[info@10Eighty.co.uk](mailto:info@10Eighty.co.uk)**

**T: 0207 952 8699**

**[www.10Eighty.co.uk](http://www.10Eighty.co.uk)**

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