

## Career S.O.S Solutions

Achieve More, Live More,  
Make Your Career Work for You



### Services & Pricelist

#### LET'S TALK

##### 20 minute "Let's Talk" Session.

**FREE**

If you are unsure how I can help you, want to explore what your options are, or simply want to find out more about me and/or my services, book your free call:

- Access my online diary and book your appointment: [www.achievemorelivemore.com/book-online](http://www.achievemorelivemore.com/book-online)
- We'll discuss your situation and ways I can help
- There is no obligation to continue to work with me, though I'd be delighted to do so if we feel that this is the right solution for you.
- Strictly one session per person.

#### CAREER SOS SOLUTIONS

##### Tailored for You Career SOS Express Problem Solver

**£149**

- Before our session I will ask you to complete a short questionnaire so we can hit the ground running when we meet
- We'll then spend 90 minutes together (using Zoom) working through the problem, identifying the solution(s) and enabling you to take action to deal with the situation and move on.
- This service also includes an additional 30 minute session. We check-in, discuss the progress you've made, the changes you have been able to make and I provide further support if you need it.

No more sleepless nights, feelings of stress, confusion or dread of going to work tomorrow! This coaching support is for you, if work has taken over and you feel that that you don't have a life, or at least the life you want.

The content is completely tailored to you and your situation. If appropriate, as well as coaching, I can support you with skills training and mentoring.

[Book Now](#)

## AMBITIONS AND TRANSITIONS SUPPORT

### Career Directions – Find Your Purpose, Create Your Future

**£225**

Are you at a crossroads or facing redundancy? Do you often think you'd like to change what you do, but are not sure to what? Have you been in your current job so long, you don't know if you could do anything different?

If so, my **Career Directions Coaching Programme** is the help you're looking for.

We work together through the following:

- Be confident about your skills and talents and how these could be used in future fulfilling work
- Explore the different options open to you
- Get clarity about the type of work that suits you and just as importantly, the sectors and organisations that do not.
- Create your master plan for making the move you want

We meet via Zoom at a frequency to suit you. (3 hours of 1-2-1 coaching time)

There will be in-between session activities/exercises for you to complete too, tailored for you.

### CV Critique and 1.5 Hour Coaching & Mentoring Session Only

**£97**

Are you applying for jobs and not getting interviews? Perhaps it's been some time since you had to look for work and your CV Writing skills are out-of-date or non-existent?

Your CV Session includes:

- A review of your current CV against the requirements of a specific opportunity that you wish to apply for, or your all-encompassing CV from which to use information for future tailored CVs and applications. (If you do not have a CV I will ask you to put together a CV before we start the programme)
- A coached feedback session of the findings of my CV Review (up to 90 minutes via Zoom). This ensures that you not only receive information to strengthen your CV but also learn ways to create your CV for future job moves too

### Interview Confidence Package

**£397**

Not sure how to answer interview questions? Want some help with confidence? This package includes:

- 2 x 90 minute sessions tailored to the roles you are applying for, likely interview questions, techniques for answering the questions well, being able to display confidence, practice and feedback

- 1 hour session after the interview to explore interview feedback/your reflections. If successful, how you can think about making some quick wins in your new role or, if unsuccessful, your ongoing strategy to find your dream role. The content is tailored to meet your specific needs

## **How to Land the Job You Truly Want VIP Programme**

**£749**

This package **brings together the Career MOT Package, CV & LinkedIn Personal Brand Programme, the Interview Confidence Package and additional support** for assessment centres, perfecting interview presentations (if required) how to remain motivated, disciplined and make the best use of your time, whilst on your new job search journey **plus much more...**

This 10 hour 1-2-1 Zoom Coaching Programme can include all or some of the following. The programme is tailored to your situation and you "pick n mix" the items you would like support with and the frequency of your sessions:

- Clarify exactly what you want out of your next career move
- Understand what you have to offer and how to market this for best results
- Know how to create your winning CV & Cover e-mails/Letters
- Nail your LinkedIn Profile so Headhunters and Recruiters come to you
- Know where and how to look for new opportunities
- Get the most out of Networking
- Improve your skills and build interview confidence
- Perfecting Interview Presentations and other Assessment Centre Activities
- Develop strategies to handle set-backs, make the most of your time and ensure you keep family/friends on side too
- Know how to negotiate a job offer
- Create your plan to ensure you can "hit the ground running" and make some quick wins when you start your new role

We'll agree actions for you to take between each session and you can e-mail me any documents you are working on for feedback.

Also included is:

- Access to additional resources including: "Assessing Job Fit", "The Do's and Don'ts of Coffee Chats", "Confidence Booster Guide"
- The option to complete an Occupational Personality Assessment providing you with feedback of your preferences when it comes to working life behaviour, as well as being a great way for you to practice completing this type of questionnaire, often asked for by organisations. *(additional fee is payable dependant on which assessment is required)*

## **Successfully Move into Self-Employment Programme**

**£595**

Have you made the decision to turn your back on traditional employment, if not fully, at least on a part-time basis? Are you worried about your decision, feeling the pressure of needing to secure some work and not really sure where to start?

This new opportunity can be exciting, but the effort required to build your perfect business can be time consuming and exhausting.

This 8 hour 1-2-1 Telephone/Skype/Facetime Coaching Programme includes:

- Clarify exactly what you want out of your professional life
- Understand what you have to offer, how to use this to create value for your clients and make doing business with you an easy choice to make
- Create Your Marketing Strategy
- Know where and how to look for opportunities and land new business
- Improve your skills and build confidence so that you can successfully wear all of the “hats” required in your business.
- Develop ways to handle set-backs, make the most of your time and ensure you keep family/friends on side too.
- Access to additional resources including: “Defining Your Niche”, “Networking Tips”, “Confidence Booster Guide” “Keep the Focus Plan”
- My unique “coach-on-call” facility means that you can either book a 30 minute “help me” call using my on-line booking system, or drop me an e-mail for anything you want to discuss that will not wait until our next session.

## **Moving on Successfully – Support for Organisations**

A bespoke package of workshop(s) and/or 1-2-1 Coaching Sessions to help your employees move on from the organisation as a result of redundancy or to support the “survivors” of a restructure.

Please access my online diary and book your FREE “Let’s Talk” Exploratory appointment:  
[www.achievemorelivemore.com/book-online](http://www.achievemorelivemore.com/book-online)

Alternatively, please call me: 07789 922842 to discuss your requirements

## **LEAD WITH EASE**

### **Lead with Ease “Let’s Talk” Initial Consultation**

**FREE**

Whether you are contacting me for yourself or on behalf of an organisation, let's spend some quality time together exploring what you would like to achieve and the best way(s) to get you there.

- Access my online diary and book your appointment: [www.achievemorelivemore.com/book-online](http://www.achievemorelivemore.com/book-online)
- We'll discuss your situation and the outcomes you are looking for.
- There is no obligation to continue to work with me, though I'd be delighted to do so if we feel that this is the right solution for you/your organisation

### **Lead with Ease Mindset, Skills & Behaviours Development**

#### **1-2-1 Fully Supported Personal Development Programmes    £67 (per hour)**

- We start with a strategy session to determine the mindset, skills and behaviours you would like to develop.
- A fully tailored training, mentoring and coaching plan will then be designed for you to achieve your priorities and your budget

## Virtual Workshops (0.5/1 day options available) £99/£198 pp (min 3)

*If you have a group of 6+ the price per person rate is reduced, please contact me.*

I offer a range of topics to help managers and leaders **reduce wasted time, get results through their people, be more confident and enjoy what they do**

- **Career Development and Performance Assessment Conversations**
- **Leading Virtual Teams - Build, develop & motivate your remote team**
- **Handling Difficult Conversations & Conflict Situations with Ease**
- **Present with Confidence**
- **Hold Meaningful Meetings**
- **Say No to Workload Stress & Time Stealers**

**\*\*In-house workshops can include a package of 1-2-1 or group coaching hours to support the transfer of learning into the workplace, at a competitive price\*\***

Every Organisation, Every Employee, is Unique that's why I ensure that my support is tailored to your exact requirements and the results you expect

## REBOOT YOUR LIFE & YOUR CAREER

### S.H.I.F.T. 1-2-1 Tailored Coaching Programme

**£485**

We all face events or points in our lives when we're pulled up sharp, find ourselves at a crossroads and craving something different. Perhaps you have been made redundant, lost a loved one or hit a significant birthday. The current crisis has also created a lot of soul-searching. Whatever the catalyst, now is the time to re-energise, re-focus, stop just existing and start living!

**Built on the 3 pillars of "Purpose," "Balance" and "Happiness" 6 sessions to change your life**

We meet via Zoom at a frequency to suit you. (6 hours of 1-2-1 coaching time)

There will be in-between session activities/exercises for you to complete too, tailored for you and your situation

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***Please visit the website for further information on all my services as well as client testimonials:***

**[www.achievemorelivemore.com](http://www.achievemorelivemore.com)**

**If you can't see what you're looking for or are unsure about the best option for you, please contact me for a free no obligation chat - Tel 07789 922842**

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