



Career SOS Help

Achieve More, Live More
make your career work for you



Services & Pricelist 2022

(FOR PRIVATE INDIVIDUALS)

Services & Pricelist (for Private Individuals) January 2022

LET'S TALK AMBITIONS & TRANSITIONS



25 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](#)
- 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.

CAREER SOS HELP SERVICES:



Career SOS Express Problem Solver

£97

No more sleepless nights, feelings of stress, confusion, or dread of going to work tomorrow! This coaching support is for you, if you're feeling stuck and want expert help to solve a problem.

I'll be your confidential sounding board, helping you unpick a specific problem, get clear and create a plan to solve it. Some recent client examples include workload overwhelm, working with a difficult boss or colleague, dealing with unwelcome change, needing your CV/LinkedIn Profile critiqued and handling interview nerves.

- 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.

The content is completely tailored to you and your situation. You will leave the session feeling more confident, motivated and ready for action.

Ad hoc professional support for when you need it most.

[Book Now](#)



Career Kickstart Programme: Find Your Purpose, Create Your Future £449

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. Have you been in your current job so long, you don't know if you could do anything different? 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!

My **Career Kickstart Structured Programme** is the help you're looking for.

We work together to:

- Explore how your current thinking is shaping your career and lifestyle
- Clarify your “why?” - your career and lifestyle vision
- Understand you – the human inside your job title, transferable skills, experience, knowledge, your thriving environments & what you need from others
- Set your direction and create your master plan so you can focus on making the changes you want happen
- Maintain momentum – strategies to deal with the external curved balls and the internal gremlins that try to stop you in your tracks, or keep you stuck.

We meet via Zoom at a frequency to suit you. (5 hours of 1-2-1 coaching time) In-between session activities/exercises are included too, giving you tools you can refer to again and again.

At the end of this programme, you will have a real sense of purpose, understand your worth, and have a plan to bring your career and lifestyle goals into reality.

[Book Now](#)



Practical Job Seeker Coaching

£67 - £949

The content of this coaching is totally tailored to your situation and you “**pick n mix**” the items you would like support with and the frequency of your sessions. The focus is on the practical steps you need to take to land the job you want.

The topics you can choose from are:

- Clarify exactly what you want out of your next career move
- Complete an Occupational Personality Assessment providing you with feedback of the behavioural strengths you can offer and insights into the type of role you could thrive in. It's also a great way for you to practice completing this type of questionnaire, often asked for by organisations.
- Understand your transferable skills, together with your knowledge and experience and how to market these 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
- Perfect Interview Presentations and other Assessment Centre Activities
- Develop strategies to handle setbacks and make the most of your time

- 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

If appropriate, 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.

Access my online diary and [book your free appointment](#) so that we can have a chat about your situation, the topics you would like help with and check if this coaching is right for you. We'll develop a plan to suit the timeframe you are working with and your budget.



Professional Skills Development & Performance Coaching

Do you want to take charge of your career success, develop your skills and behaviours so you can lead with ease or get that promotion you have your eye on?

Step One – Career MOT & Development Strategy

£97

- We start with a 90-minute strategy session to determine the mindset, skills and/or behaviours you would like to develop. We can use your job description, performance review, future role profile and/or an appropriate work behaviours and personality assessment(s) as our framework for discussion. ***NB There may be an additional charge if psychometric personality assessments are used***
- A fully tailored training, mentoring and coaching plan will then be designed for you to achieve your priorities, in an agreed timeframe and to suit your budget.

[Book Now](#)

Step Two – Totally Tailored Development

£70 per hour

Session Options: 1 hour, 2 hours, (with 5 min break) 3 hours (with 15 min break)

- Our sessions are held at a frequency to suit you, working through your development plan
- We will focus on real life situations and develop your confidence and capability
- Each session will include discussion, training input and coaching so you can practice and reflect on what you have learnt.
- Topic appropriate exercises, questionnaires, guides, tip sheets and references to other useful resources are included so that you have materials to refer to in the future
- I'll encourage you to keep a learning journal so that you can see your progress and have "continuing professional development" records
- Sessions can be recorded too

Booked to suit the plan we develop together in Step One

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

www.careersoshelp.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 or e-mail michelle@careersoshelp.com

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