



CASE STUDIES – CAREER COACHING

Effective Career Transition

In this case the client had been made redundant and needed to define a plan for his next career move and well as address self confidence in his capabilities. Client developed a 6 month plan with key milestones which were tracked as part of the coaching engagement. The client's shift in confidence achieved through challenging limiting beliefs and developing on areas of success in his life allowed him to re-enter the job market with a renewed approach as to what he wanted and utilising his resources to secure a fulfilling new role.

Getting a grip on work pressures

This client put in excessive work hours at the expense of her personal health. Coaching assisted the client to set a number of personal goals and define a weekly plan that was workable given the demands of her role. Key outcomes included commencement of an exercise plan, improved eating habits resulting in more energy, improved productivity and a better capacity to cope with work pressures.

From Small Business to Consultant

The client in this case had made a decision to sell his business and define a new career path for himself. Through a structured career transition program, a strategy was defined considering his values, skills, ideal environment, areas of interest, education, achievements and personal attributes. From here a number of options were identified for further investigation. The result of the coaching engagement being that the client was presented with a new career opportunity aligning with his requirements which he subsequently accepted.

“Silvia is outcomes focused, her style is very empowering, and confidence building.”