



## Setting the direction

You know you want to make a change in your career, but you're not sure what, or how.

Our **Setting the direction** programme is a complete Career Coaching programme. Starting with your values, preferences and motivators, we help you identify types of work that fulfil you, help you overcome any obstacles and give you practical support to secure the role you want. It includes...

- 1 x personal values assessment to help you discover more about what drives you
- 1 x 60 minute coaching session on how you can align your work with your values
- 1 x personal preference assessment to help you discover more about your preferred ways of working
- 1 x 90 minute feedback session on personal preferences
- 1 x 90 minute wheel of life coaching session to evaluate where you're soaring and where you're stumbling with your whole life balance
- 2 x 90 minute coaching sessions to help you set and validate your goals, test your thinking and identify and remove any self-imposed barriers that may block your way
- CV Review
- 2 x 60 minute practical support sessions; CV writing and either interviewing skills or relationship building.
- Support between sessions to keep you on track and motivated
- All sessions are delivered remotely, are one to one and tailored specifically to you
- £895, payable in three instalments



## Clearing the path

You know where you're heading but not quite sure how to get there.

Our **Clearing the path** programme comprises some of our most effective methods to help you sharpen your focus on what you want to achieve, how you are going to make this possible and the support you might need along the way. A blend of coaching and practical support, it includes...

- 1 x personal values assessment to help you discover more about yourself
- 1 x 60 minute coaching session on how you can align your work with what you most enjoy
- 2 x 90 minute coaching sessions to help validate your goals, review your thinking and set you on your way to success
- CV Review
- 2 x 60 minute practical support sessions; CV writing and either interviewing skills or relationship building
- Support between sessions for advice and motivation
- All sessions are delivered remotely, are one to one and tailored specifically to you
- £645, payable in two instalments

*Create your own package*

Prices start from £145 for a 75 minute coaching session.



## Make it happen

Super clear on what you want to do but just need a sounding board and a little help getting started?

Our **Make it Happen** programme is great for those who know where they're heading, would value the opportunity to bounce a few ideas around with a professional coach and would benefit from brushing up on CV writing, interview or relationship building techniques. Our light touch programme includes...

- 1 x 90 minute coaching session to help validate your goals, review your thinking and set you on your way to success
- CV Review & Feedback
- 1 x 60 minute practical support sessions; interviewing skills or relationship building
- All sessions are delivered remotely, are one to one and tailored specifically to you
- £345

Career Coaching  
with Boost HR