

# CAREER TRANSITIONS

**Are you ready for a career change or having to make a career transition to a different role but have no idea what else you could do – or where to start?**

Blend's Career Transitions programme will support you to explore your options, identify your transferable skills, learn how to develop your personal brand and online profile as well as develop strategies for your job search and provide you with tips on successful interview techniques.

Our aim is to encourage you to be clear on your talents and abilities, therefore, our focus is goal setting and action that will enable you to take the next step in your career.

**This package comprises 3 x one-to-one coaching sessions tailored to your needs but likely to include.**

- ✓ Considering how to deal with change, discussing your career options, identifying your transferable skills and how to market yourself.
- ✓ Supporting to help you prepare your CV and develop your Interview Skills, including the psychology of interviews, different styles of interviews and how to deal with critical questions.
- ✓ Review your progress, analyse your results and decide what your next steps should be.



**Our Careers Transition programme will also provide you with information on LinkedIn to support you in building a strong professional network.**

## OUR COACHES

- Our coaches are professionally qualified careers coach who is passionate about supporting people through redundancy or career transitions.
- Experience spanning the public and voluntary sectors with extensive experience in supporting individuals facing the threat of redundancy and career transitions.
- Our coaches will focus on encouraging you to explore your options and give you the confidence to make informed choices.



**WOMEN  
OWNED**

## WHAT PREVIOUS PARTICIPANTS HAVE SAID

My coach was calm in the storm. She is the voice of reason who challenged my thinking and helped me sort through the tangled threats that had me confused. My coach helped me to see situations in a new light and consider ways to deal with difficult situations."

"I was faced by a profusion of choices and was struggling to make a decision about my next steps. I didn't feel that someone from my organisation could bring the objectivity and clarity I needed, so sought coaching support from my coach... and my expectations were completely met."

"I really enjoyed my coaching sessions, and I found a sense of calmness to order my thoughts."