**Prepare for Career Change**

A 10 hour (9 session) online group study course which provides the foundations to explore career change, when you don't know what to do or where to start!

**THIS COURSE WILL BENEFIT YOU IF:**

* Stuck in a career rut and don't know where to go next.
* Seeking jobs in new industries but getting nowhere.
* Need clarity on your future career options.
* Want to make a lifetime investment in yourself to find out what makes you tick and the kind of work that would be ideal for you.
* Need weekly support and a personalised action plan for you to follow.

**WHAT YOU'LL GET OUT OF THIS COURSE:**

* You will develop a really good understanding of yourself as a person, your life as a whole and the kind of work that would be ideal for you
* Clarity on your future career options based on what you love doing, your values, your skills and what the world will pay you for.
* Understand what is important to you, where your existing beliefs are holding you back and how to replace them with empowering beliefs.
* A personalised action plan to help you transition into your new career.

**COURSE CONTENT:**

**Week 1 - Overview of Programme**

You will be briefed on what the programme will cover and be introduced to the tools you will be using. You will also be introduced to your learning partner for the course.

**Week 2 - Your Values and Motivations**

You will understand what motivates and fulfils you. This session will really help you understand what makes you tick. You will learn where your existing beliefs are holding you back and how to replace them with empowering beliefs.

**Week 3 – Your Strengths, Skills and Purpose**

We'll explore all your skills, strengths and hidden passions. You will begin to gain an understanding of what is really important to you, who you are and the impact you want to have on the world around you.

**Week 4 – Ideal Life and Ideal Working Day**

We will take a holistic view of your whole life and be examining in more detail areas such as relationships, finances, home and health. This session is fun yet powerful, opening your eyes to the possibilities for you going forward.

**Week 5 – Review**

This week you will be given the opportunity and time to reflect on everything you've learnt to date and start following up on the ideas you've generated so far.

**Week 6 - Dream**

This session sets out the foundations for the following session where you will be generating some viable career options for yourself. We will explore in-depth your career dreams and ideas.

**Week 7 - Career Options and Possibilities**

In this session, you will be generating some viable career options for yourself. You will also be working on your career vision and exploring how you can turn your ideas into a reality.

**Week 8 - Confirming Your Vision and Next Steps**

This session will cover exploring your career vision in more detail. We will be making an accurate assessment of what’s what and where you can go from here.

**Week 9 – Planning Your Next Steps**

Mapping out your next steps with a personalised action plan for you to follow.

**HOW DOES THE COURSE WORK?**

* Once you have expressed your interest in the course, Anna will arrange a free one to one coaching session with you. During this session, we would discuss what you are looking for and I explain in more detail how I work and how I can help you. I will explain what you can expect from the Firework online group coaching. We will explore together whether this programme would be right for you or whether a more tailored one to one package is right for you.
* If you sign up for the group online course, you will be placed with a learning partner whom you will work with on the course each week. You will receive additional coaching as a pair and on a one to one basis from Anna.
* Each week for 8 weeks you'll have exercises to complete with your learning partner in the group session as well as worksheets and activities to complete for homework. This coaching material developed for this course has been designed by leading careers professionals.
* You'll finish the course by creating an action plan to help you make your next big career move in the next 3-6 months.

 **ABOUT ANNA**



As well as my own coaching company, I am currently working for outplacement organisations and an executive coaching company, coaching leaders and senior management how to excel in their careers. My background includes working in the City for 10 years in Recruitment and Learning & Development, public sector and Education.

I have also written articles for [international magazines](https://www.internationalschoolparent.com/articles/6-skills-help-your-child-succeed-in-career/) and [websites](https://forworkingmamas.com/career-advice-anna-colebourne/), and worked on European Union [projects](https://www.linkedin.com/in/annacolebourne/) delivering [leadership and management coaching](https://media.licdn.com/media-proxy/ext?w=800&h=800&f=n&hash=0Q5RSy%2BVUi2upSzO46dHPGncTFI%3D&ora=1%2CaFBCTXdkRmpGL2lvQUFBPQ%2CxAVta5g-0R6jnhodx1Ey9KGTqAGj6E5DQJHUA3L0CHH05IbfPWjvfpHZfLXw8kBALC8IjQBhf-i1EmayEo66KIi7L9hwjZDkdsP5agYUbhl4j3lK6w) to [young entrepreneurs.](https://www.linkedin.com/in/annacolebourne/detail/treasury/summary/?entityUrn=urn%3Ali%3Afs_treasuryMedia%3A(ACoAAAfveuoBTWJ8pX7VCmXpDPoBt5z1WWZYDS4%2C1542462605740)&section=summary&treasuryCount=4)

My passion for careers coaching comes from undertaking two or three changes of career myself. I overcame doubts, fears and uncertainty to find a career and create a business that I really love!