



Outplacement

This is a practical 'one-to-one' programme designed to meet the needs of a range of individuals from different backgrounds and with varying levels of work experience and professional standing who are leaving an organisation.

The one-to-one meetings are extremely practical and supportive focusing on the key issues of finding employment or achieving a career change. Ongoing Counselling and Coaching is an integral part of the process.

A COMBINATION OF THE FOLLOWING TECHNIQUES ARE USED :-

- **Career Interviews**
- **Psychometric testing**
- **CV Revamp**
- **Job Search Strategies**
- **Interview Techniques**
- **Ongoing coaching and support**

ABOUT YOUR EXECUTIVE COACH

Dorothy Spry is both a qualified Business and Health Psychologist.

She has also undertaken intensive training in Coaching - taking time out to attend a one year full-time coaching skills course at the University of East London – Centre for Career Coaching. Underpinning her work are psychological theories. She then went on to train in Sir John Whitmore's 'Coaching for Performance' methodology. This approach fine tuned her work in a corporate setting to develop positive and lasting behavioural change.

**For a consultation please contact Dorothy@careerperformance.co.uk
or Tel 07892 20 42 42**