

ASK[®]

CAREER TRANSITION COACHING

career coaching for successful teams
in times of change and transition



Let's
Learn

WHAT IS CAREER COACHING?

There are many challenges being faced in industries throughout the UK as the ongoing impact of the Covid-19 pandemic shapes our economy and the employment and roles of so many. With furloughed staff, reduced income, financial pressures and necessary changes to the way that so many of us work, the impact on your team is immense, and this is a time of significant transition.

Whether that transition is into a new way of working, to a new role, or transitioning to reshaped teams with some members furloughed and others sadly facing redundancy, morale and ambition are also being impacted – and strong leadership teams need to work on helping their whole team through these challenges.

Career coaching is not only useful when you are looking to advance, but as a tool to aid these changes and work transitions. ASK have a team of executive coaches with a wealth of experience in supporting professionals to develop their confidence, capabilities and competencies both in work and in their approach to team relationships with career changes and growth.

Though these transitions can be daunting, and bring a range of challenges as the dynamic of working relationships is changed both for those moving and for those remaining, they can also be reframed as opportunities for growth and refreshing the status quo.

ASK
EXECUTIVE COACHING
"Unlocking a person's potential to maximise their performance. It is helping them to learn rather than teaching them."
Walt Disney

With highly qualified and experienced coaches, familiar with both public and private business sectors, working with clients at all levels from those at the beginning of their careers through to both junior and senior management and leadership teams, ASK provide expert guidance and advice on every aspect of an individual stepping back from a pivotal role, and preparing the team to pick up the workload that remains, as well as aiding that individual to seek a new role and transition into a new career opportunity.

With confidential and personally tailored support, all shaped around your specific needs and requirements, career coaching services includes activities such as:

- **Identifying your professional values**, key skills, strengths, experiences and achievements
- **Identifying and exploring alternative career opportunities** and options
- **Preparing an engaging, effective CV** and key marketing documents for your job search
- **Drafting successful cover letters** and professional communications
- **Designing a unique and impactful LinkedIn profile** which can be effectively utilised in networking to build on opportunities and source potential new roles
- **Confidence and communication skill building**
- **Interview technique and meeting skills**
- **Guidance on moving between sectors** and transitioning into a new role – and a new team
- **Organisation and structure** to guide consistent activities
- **Salary negotiation**
- **Self employment**
- **Planning towards an active retirement**

If you are interested in career coaching, or assisting any of your team with a challenging period of transition, complete the table below to rate the key areas you would like to prioritise.

DEVELOPMENT AREAS

0-10 TOP 3

Identifying core competencies and interests		
Improving motivation		
Developing better leadership/management skills		
Managing relationships with subordinates/superiors/peers		
Reviewing career path options		
Addressing work/life balance		
Improving interpersonal communication		
Developing better presentation skills		
Managing stress		
Developing conflict resolution skills		
Other? Confidence?		



BENEFITS TO EMPLOYEES

BENEFITS TO EMPLOYERS



- Increased confidence
- Identify and *improve* key skills and strengths
- Identify opportunities for growth and development
- Increased motivation
- Better able to manage relationships in the workplace
- Better work/life balance
- Add new skills and experiences

- More confident, capable employees
- Increased skills in the workforce
- Happier, more communicative employees
- Increased motivation from employees
- Conflict resolution
- Guidance through challenging situations



Coaching could be the tool that helps you to step confidently into a challenging new opportunity, rather than drifting into a role that doesn't satisfy you. Though change can be daunting it can also be a positive experience, allowing you to embrace your skills and experience and use them to climb towards a more impactful and exciting phase in your career.

Just ASK!

Our professional careers coaches are waiting to support you on this journey, and to aid your team in adjusting to the new 'normal' that we need to embrace for future working – and we know that we can help you to do so successfully. **Just ASK.**

Call 01234 757575 or email hello@askeurope.com for more information, and ask to speak to one of our coaches today for a discovery call, and find out how we can help you.



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