

# CAREER TRANSITION COACHING PROGRAMME



## ARE YOU DEDICATED TO SUPPORTING YOUR PEOPLE THROUGH UPCOMING CHANGES?

While change and transition is never easy, we want you to feel supported, engaged and prepared through change. The Kindred journey is tailored to your needs, our coaches are experts in providing practical advice, guidance and useful tools and activities to prepare you and speed up the process of getting to your next career move.

## BENEFITS OF SEEKING SUPPORT

- Provides a confidential safe space to work through change and make a plan
- Helps you to discover and articulate your transferrable skills, drivers and motivations for a new role
- Provides practical job search support including CVs, cover letters and interviews with local knowledge provided by our expert coaches

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 [www.kindredwork.co.nz](http://www.kindredwork.co.nz)

## OUR PROGRAMMES

Our programmes are built collaboratively and cover topics from managing change to building self awareness, discovering and articulating your transferable skills and practical job search support.



### EXPRESS 3 SESSIONS

Practical support to help you to quickly make purposeful moves in their job search with guidance and advice from our local expert coaches.



### INSIGHT 6 SESSIONS

Strategic support to develop a plan and provide focused attention to reset your career path and move back into the market.



### EXPLORE 10 SESSIONS

In-depth guidance to support you to re-evaluate, plan and implement your next career step and beyond.