

# Are you the driver of your career?

Career Management involves some of the most important decisions you will make toward realizing lifelong satisfaction and success. It's YOUR career, therefore, you are responsible for your own success.

Success and satisfaction is increased when your values, talents, knowledge, skills and experience, are intentionally aligned throughout your career management process.

Through the supportive process of coaching and consulting, you will discover the value of taking a more strategic and proactive approach to the management of your career. When working with you, I customize a program designed to meet your specific needs and objectives.



You will be asked to consider your specific career needs.

- Career Passions
- Transferable Skills
- Ideal Work Environment
- Best High Salary Jobs
- Values & Ethics Clarification
- Preferred Workstyle
- Balancing Head & Heart in Decisions
- Making a Difference
- Mission in Life
- Long-Term Vision Planning
- Achieving Financial Goals
- Retirement Planning

Then, we will be looking at

## CAREER MANAGEMENT

- Developing Leadership Competencies
- Achieving Peak Performance
- Asserting Integrity & Ethics
- Managing Time
- Dealing With Conflict
- Managing The Inner Critic
- Enhancing Creativity
- Preventing Job Burnout
- Overcoming Self-Sabotage
- Managing Stress
- Influencing Performance Appraisals

- Creating Lifework Balance

We will also look at

### **EDUCATION PLANNING**

- Degrees, Diplomas & Certificates
- Training & Upgrading Skills
- Researching Best Educational Institutions
- Admission Applications, Essays & Tests (Including GRE, GMAT, LSAT, etc)
- Scholarships, Bursaries & Grants
- Full-Time or Part-Time Studies
- Studying Abroad
- Student Financial Planning
- Internship & Practicum Choices
- Online & Distance Education Options

**Last but not least, a career and personality test will also be used to enable to right match of your personality and your career interests.**

If you are looking for help that is expert, confidential and tailored to your needs please [contact](#) my office by phone 613-620-3642 or by E-mail: [info@chirucounselling.ca](mailto:info@chirucounselling.ca)