

CAREER COACHING FOR PART TIME STUDENTS

TAKE CONTROL OF YOUR FUTURE

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HELPING YOU PLAN YOUR CAREER JOURNEY

Career transition coaching will help you gain clarity through a detailed and structured personal review process that will teach you the skills to make sound career decisions now and into the future. All consultations are confidential and personalised to meet your unique needs. Our career coach will assist you to make great decisions about your career and your life.

SESSIONS ARE FREE OF CHARGE AND WILL BE DELIVERED ON A ONE TO ONE BASIS AND WILL BE CARRIED OUT VIA PHONE, SKYPE, AND EMAIL OR IN PERSON DEPENDING ON AVAILABILITY AND OR SERVICE SELECTED.

Career transition coaching is tailored to your specific needs but may include some of the following elements:

- What are your key motivators? Are you intrinsically or extrinsically motivated, how can this help you to towards finding passion and purpose in your career
- How do our negative tapes affect our confidence when creating change in our career and what strategies can we implement to maximise success
- Turning disappointments into pointers for Career Success
- Working towards course success
- Introduction to the Wheel of Success
- Brief Myers Briggs assessment
- Skills analysis & recognising transferable skills from previous roles

- Personal Development plan/Career plan
- Conflict Management and how to build emotional intelligence to reduce stress and improve resilience
- Leadership coaching and Performance management
- First 90 days in a new role

CV Review/How to write a winning CV

- How to use job descriptions to reverse engineer your CV
- Creating an Effective CV & Cover letter- "Ten steps to an effective CV"
- Templates provided

Generating Opportunities and branding yourself

- Accessing the hidden jobs Market and LinkedIn
- How to use LinkedIn to build a brand and generate opportunities
- Pitfalls of social Media
- Setting up a LinkedIn account
- LinkedIn review

How to Interview and make the right impression

- How to prepare effectively and efficiently including Mock Interviews
- Managing Nerves
- Creating an elevator Pitch
- 5 Most commonly asked questions
- What are the traits that employers seek
- Understanding competency based Interviewing

If you would like some help with your career planning contact:

Email: LLLCareerEnquiries@gmail.com

Phone: +353 87 6206106



Your Coach - Carmel Morrissey

Qualified Career Assessor/Coach with over 8 years' experience in the career coaching Industry, I absolutely love what I do and I aim to help my clients discover what they truly want and work with them to turn it into a reality.

Qualifications

- BSc in Applied Psychology and Sociology, specializing in Org. Psychology Qualified Trainer -
- Completed BPS Level A & B Psychometrics
- Certified Emotional Intelligence Assessor (EQ-I 2.0 and EQ360)
- Professional Certification course Certification in both Conflict Management and Alternative dispute resolution in the Workplace
- Completing a certificate in Leadership coaching and development

For more information and recommendations please visit

<https://www.linkedin.com/in/carmel-morrissey-42901324/>

Additional Assessment offered if required:

Psychometric Assessments – Emotional Intelligence Assessment (EQi 2.0)

**Please note that there is a cost of €140 to the student for this assessment.*

Emotional intelligence refers to the capacity to deal effectively with one's own and others emotions. When applied to the workplace, emotional intelligence is about thinking intelligently with emotions; perceiving, expressing, understanding and managing emotions in a professional and effective manner at work.

An EQ approach equips you to increase performance by working “from the inside out” as you become aware of internal drivers that create high performance, you can tap into your own leadership strengths to create or contribute to teams that are “more than the sum of their parts”.

Emotional Intelligence and YOUR Success

Emotional Intelligence is a set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges, and use emotional information in an effective and meaningful way. Emotional Intelligence is proven to be a key indicator of human performance and development. People higher in EI communicate effectively, form strong relationships, and create powerful coping strategies. EI can be measured – more accessible and less controversially than IQ – and unlike IQ, it can be substantially strengthened and developed.

An employee's skills and qualifications are important for success within their role. An employee's emotional intelligence can be just as important, if not more so, for fulfilment within, or potentially beyond, their current role.

The assessment provides a Total EI score with 5 composite scores measuring 5 distinct aspects of emotional and social functioning. Incorporating 15 Subscales that hone in on EI skills critical to workplace success.

Gain deeper insight into how each subscale impacts your work performance (i.e. conflict resolution, change management, teamwork, decision making and more) – with suggested strategies customized based on your individual results

Get specific and actionable strategies to drive your success in each subscale.

An Action Plan, using SMART* goals, is developed for you to track your progress toward achieving EI development goals.

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