

	University		
	Year 1	Year 2	Year 3+
Subject(s) Selection	<u>One-to-one consultation:</u> Changing degree subject		<u>One-to-one consultation:</u> Choosing a Master's Degree
Study Skills	<u>Online course:</u> Academic Writing Skills		
Interviewing	<u>Online course:</u> Interview Skills Workshop <u>One-to-one consultation:</u> Mock Interviews <u>On-site Group Training:</u> Presenting yourself, CV's and interviews		
Career Planning	<u>Online course:</u> Getting the most from your work experience or job <u>One-to-one consultation:</u> Exploring careers <u>Publication:</u> From work experience to dream job: a workbook to get you where you want to be <u>My Facebook Lives:</u> #MakeitMatterMonday & #FearlessFuturesThursday		
CV's	<u>Online course:</u> CV's and letters of application for young people applying for work experience, internships and jobs <u>One-to-one consultation:</u> CV's and letters of application <u>On-site Group Training:</u> Presenting yourself, CV's and interviews		
Making Applications	Applying for internships & Jobs		
	<u>Online course:</u> CV's and letters of application for young people applying for work experience, internships and jobs <u>One-to-one consultation:</u> CV's and letters of application <u>My Facebook Lives:</u> #MakeitMatterMonday & #FearlessFuturesThursday		
Personal Statements			<u>One-to one consultation:</u> Writing your personal statement for Masters & PhD's
Coaching & Mentoring	<u>One-to-one consultations:</u> Coaching & Mentoring - Developing confidence, learning from setbacks, enhancing your communication skills, time management <u>Publication:</u> Techniques for Coaching and Mentoring		
Personal Development / Growth	<u>Online course:</u> How to make the most of University - Personal Growth & Wellbeing for students		
Institutional Consulting	<u>Course Design & Implementation:</u> Coaching programme and Bespoke ILM accredited Training in Leadership and Personal Branding		
	<u>Lecture:</u> Personal Growth of Undergraduates <u>Lecture:</u> Implementing a Coaching Programme at University <u>Lecture:</u> Putting Existential Philosophy to Work: Navigating the tensions of everyday life		
Supervision			<u>One-to-one consultation:</u> Undergraduate dissertation