

Professional	
Interviewing	<p><u>Online course:</u> Interview Skills Workshop</p> <p><u>One-to-one consultation:</u> Mock Interviews</p> <p><u>On-site Group Training:</u> Presenting yourself, CV's and interviews</p>
Career Planning	<p><u>Online course:</u> Getting the most from your work experience or job</p> <p><u>One-to-one consultation:</u> Exploring careers</p> <p><u>Publication:</u> From work experience to dream job: a workbook to get you where you want to be</p> <p><u>My Facebook Lives:</u> #MakeitMatterMonday & #FearlessFuturesThursday</p>
CV's	<p><u>Online course:</u> CV's and letters of application for young people applying for work experience, internships and jobs</p> <p><u>One-to-one consultation:</u> CV's and letters of application</p> <p><u>On-site Group Training:</u> Presenting yourself, CV's and interviews</p>
Making Applications	<p><u>One-to-one consultation:</u> Applying for Jobs & Promotions</p> <p><u>One-to-one consultation:</u> Change in Career</p> <p><u>One-to-one consultation:</u> Mums going back to work</p>
	<p><u>Online course:</u> CV's and letters of application for young people applying for work experience, internships and jobs</p> <p><u>One-to-one consultation:</u> CV's and letters of application</p> <p><u>My Facebook Lives:</u> #MakeitMatterMonday & #FearlessFuturesThursday</p>
Coaching & Mentoring	<p><u>One-to-one consultations:</u> Coaching & Mentoring - Developing confidence, learning from setbacks, enhancing your communication skills, time management</p> <p><u>Publication:</u> Techniques for Coaching and Mentoring</p>
Institutional Consulting	<p><u>Course Design & Implementation:</u> Coaching programme and Bespoke ILM accredited Training in Leadership and Personal Branding</p>
	<p><u>Lecture:</u> Personal Growth of Undergraduates</p> <p><u>Lecture:</u> Implementing a Coaching Programme at University</p> <p><u>Lecture:</u> Putting Existential Philosophy to Work: Navigating the tensions of everyday life</p>