



About me and how I work

I started working on developing potential within managers and professionals in the late 1970's . This passion has taken me down a long and winding road and given me much satisfaction and four different 'careers' over a 25 year span.

My work has led me to some fundamental beliefs. One is that anything is possible for an individual if they are supported and believed in, wholeheartedly, by someone who is totally dedicated to what is best for that individual, both now and in the future.

A coach can fulfil this role and is trained to a professional standard which respects that all clients are resourceful, creative and whole, i.e. they do not need fixing! However, most of us recognise that there are times in life when we need a little extra help to keep on track or make a change. This is where having your own coach as your exclusive partner, focused on your needs, brings tangible results, quickly. My work style is friendly, informal and very focused on you!

I have been trained by the Coaches Training Institute and Corporate Coach University International, both of whom are recognised providers of very high repute, which satisfy the professional standards and ethics of the International Coaching Federation (ICF). I am a full member of the Chartered Institute of Personal Development (CIPD), an ICF member and am active in the coaching community in the UK.



Career Transitions

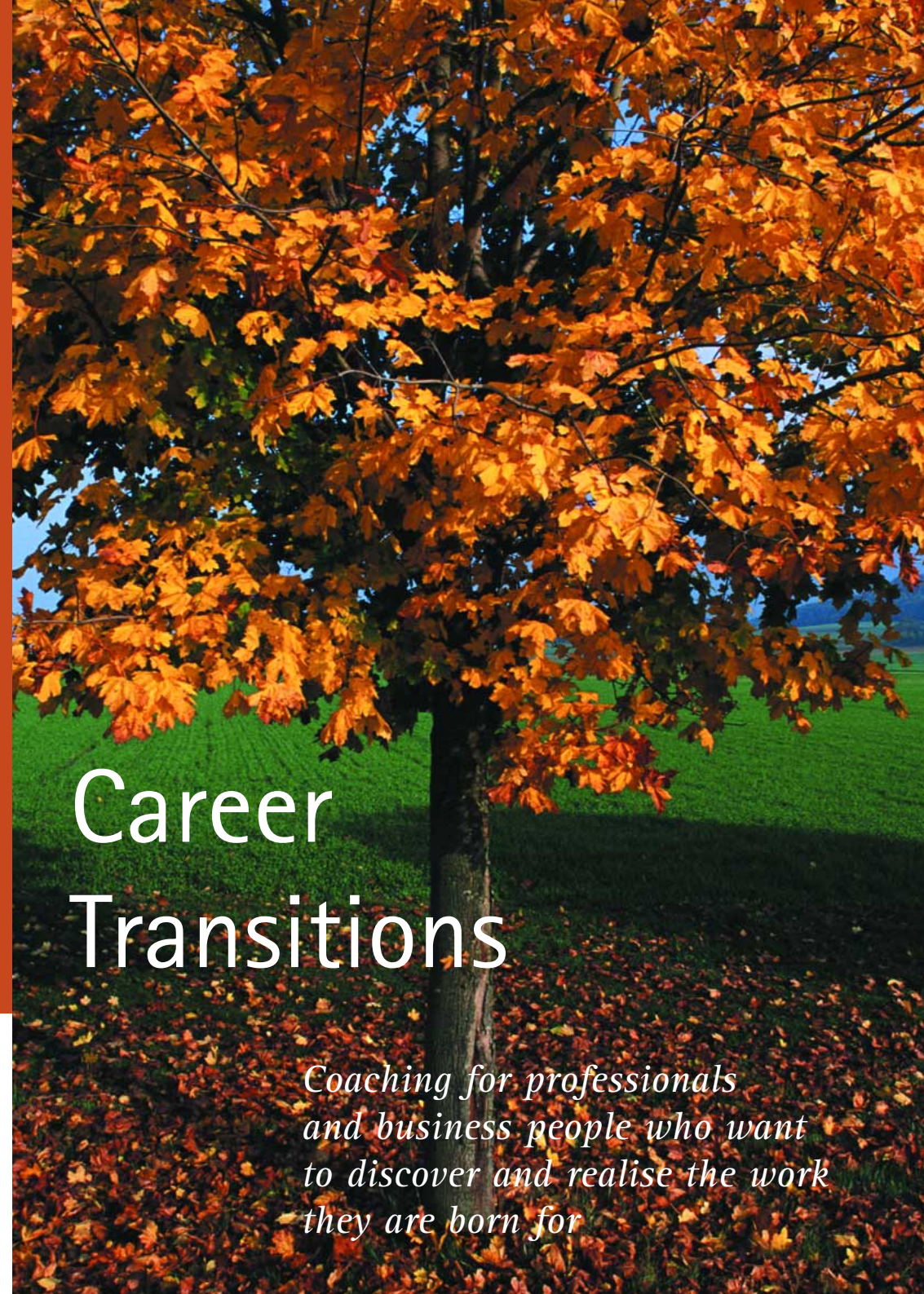
Telephone in the UK 01403 243321
Telephone outside the UK 00 44 1403 243321

or you can e-mail me on
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I look forward to talking with you!

Anji Marychurch MA BEd MCIPD
Career Coach

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Career Transitions

*Coaching for professionals
and business people who want
to discover and realise the work
they are born for*

*"Whatever you can do,
or dream you can,
begin it.*



WHAT IS CAREER COACHING?

- ❖ Offers you the opportunity to develop your potential
- ❖ Helps you generate alternative career/job choices
- ❖ Supports you through periods of change & personal growth
- ❖ Increases personal productivity and enjoyment of your working life
- ❖ Identifies your key values, skills and interests
- ❖ Motivates you to think 'beyond the box'
- ❖ Identifies a vision to sustain you and keep you moving forward
- ❖ Advises on specialist resources for job search/career changes
- ❖ Prepares you on paper and in person to approach the job market and negotiate for what you want
- ❖ Ensures you are focused on achieving your vision by using your unique talents

WHO USES A CAREER COACH?

- ❖ Business people – managers, executives, entrepreneurs
- ❖ People in career transition – either voluntary or enforced redundancy
- ❖ Managers changing to a new role or new business environment or both
- ❖ Individuals who know there is something 'missing' in their working lives

In short, anyone wishing to make changes in the way they spend their working hours!

*Boldness has genius, magic
and power in it.*



WHAT CAN YOU EXPECT FROM YOUR COACH?

- ❖ Individual coaching sessions either over the phone, face to face or a combination of the two methods
- ❖ Appointments scheduled to suit you for 3 x 40 mins or 2 x 60 mins per month (minimum period is usually 3 months)
- ❖ A complimentary 'sample session' to get to know each other prior to committing to a coaching relationship
- ❖ E-mail support and relevant reference materials as needed
- ❖ Client welcome pack
- ❖ Absolute confidentiality at all times

WHAT BENEFITS DOES THIS KIND OF COACHING OFFER?

- ❖ Brings focus, support and energy to helping you identify who you are, what you want and how to achieve it
- ❖ Structure, clarity, inspiration and practical strategies to support you in making the changes you want
- ❖ Enables you to discover your potential and develop your talents
- ❖ Makes you feel great about yourself and what you can accomplish!

WHAT NEXT?

The best way to find out about career coaching and about coaching in general is to try it for yourself.

Pick up the phone and call me on **01403 243321** to arrange your complimentary 'sample session'.

I look forward to hearing from you!

Begin it now."

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