

Transition Coaching

Launching the next step in your career

Career Transition Coaching

For outplacement and for individuals who need coaching to attain the next position internally. We have helped thousands, at all stages of their careers.

- ❖ Gain confidence
- ❖ Verbalize their unique strengths, history, and brand
- ❖ Develop a strategy
- ❖ Network and build visibility inside and outside your company
- ❖ Find the right opportunities while assessing the right fit for you
- ❖ Interview confidently
- ❖ Get hired and transition well into a new role.

Customized Coaching Programs

Custom programming to fit your unique priorities & situation; some sample coaching topics include:

- ❖ Analysis of strengths, personal brand, passions, goals, and your value proposition
- ❖ Assess what you want to do next and how to talk about it strategically
- ❖ Know how to talk about yourself when networking, interviewing, and negotiating
- ❖ Maximize the impact of your written materials
- ❖ Create a daily, weekly, and overall plan of action for success
- ❖ Adopt daily practices and checklists to keep you going and energized
- ❖ Manage your digital self, navigating the web and social media, including LinkedIn, job boards, research engines and company websites
- ❖ Develop strategies for managing self care and overall best practices throughout life and career transitions
- ❖ Manage the well intentioned support people in your life

Call or email us today!

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Cheryl Alexander & Associates

Leaders Engaging Hearts and Minds