



Career Coaching

Are you...

- a student who is trying to figure out what to do with your life?
- a young adult who wants to discover your passion?
- in mid career and feeling like your career has stalled, or you're just ready for a change?
- between jobs and want to polish your job search skills?
- returning to the job market after being out for awhile?
- considering starting your own business?

Whether you are just starting out or you're in the middle or wind down phase of your career, Success Lab's experienced career coaches can help you determine and achieve a satisfying career path that aligns with your personality traits, interests, and values.

Our coaching process offers a combination of assessments and coaching to help you look at potential careers as well as create a personalized action plan. Coaching sessions are confidential and offered either one-on-one or through one of our unique weekend workshops. We are absolutely about meeting you where you are and taking you where you want to go!

Client success stories...

- **High school student:** Facilitated a local high school senior's career exploration and helped her identify viable educational and career alternatives
- **Entry level:** Guided a recent college graduate through a personalized job search program and into his first professional entry level job
- **Next level:** Propelled a Community Coffee Marketing Manager to Director
- **Transition:** Transitioned a Bank One executive from traditional full time employment to flexible work at twice the salary
- **Change:** Guided a chemical engineer during a career change into the IT field; and a self employed lawyer through a transition to pharmaceutical sales
- **Start up:** Helped a Bank One accountant launch her own CPA firm

Career Coaching Services:

Career Direction Program– Includes Success Strategies© Online Career Assessments of personality, interests and values with a comprehensive Career Report plus 5 individual coaching sessions which include a follow-up.

- Assessment interpretation
- Guided career exploration
- Career Decision Matrix

- Career Development Plan with specific measurable action steps

Employment Transition Program – Includes resume development plus 5 individual coaching sessions which include a follow-up.

- Interview coaching (2 sessions)
- Networking and self-marketing
- Personalized Job Search Plan with specific measurable action steps

Weekend Career Assessment and Exploration Workshop for Students – includes:

- Success Strategies© Career Assessments
- Success Strategies© comprehensive Career Report with interpretation
- Guided career exploration
- Success Strategies© Career Decision Matrix
- Personalized Career Development Plan
- Fun, interactive group experience

The following additional individual services are available:

- Resume development
- Interview coaching

If you believe career coaching may be right for you, call us at (225) 927-4143 or visit our website.