

Leading Learning Linking



Local Government
Professionals
AUSTRALIA SA

One on One
Career Coaching

Could you benefit from accessing a career coach?

- Are you at a turning point in your career and life?
- Are you in need of a new direction but not certain of what direction to take or how to commence the process?
- Do you want better insight into appropriate career opportunities your current employer could offer?
- Are you seeking to evaluate your knowledge and your abilities in preparation to advance or adjust your career?
- Are you unsure about what you are looking for in your career or your current role?
- Are you struggling to create a healthy work / life balance?
- Are you ready to make a plan and take ownership of your career?

Coaching is about advising, supporting, educating and helping to make change happen.

Rick Mason



Rick Mason has held senior positions in Sydney and Adelaide, managed his own businesses and worked in Sales, Marketing and Client Services for international and medium size companies. He has worked extensively with people from all walks of life, in the capacity of Business and Management Coach, Career Transition Counsellor, Personal Counsellor and Motivational Facilitator over the last 25 years.

He provides consultancy services in Career Coaching, Career Transition Counselling to a number of International and National Career Transition Businesses. He has mentored all levels of staff including senior and executive clients through career transitions necessitated through corporate redundancy and also Coaches and Consults privately to clients in a range of areas concerning personal counselling, career management and business development.

The use of techniques and resources from the internationally acclaimed Acceptance and Commitment Therapy/Training (ACT) model provides clients with skills to manage self-doubt and negative thinking to move to value based goals and associated achievements where appropriate.

Rick has developed a Motivation and Values Based Goal Setting Program and has delivered this to over 600 individuals and groups since 2006. Rick has a history of being able to motivate and support clients, often with complex barriers, and has a track record in assisting people to implement action in the service of their personal and vocational goals. This readily leads to the achievement of desired outcomes often in a short time frame.

Career coaching can assist in the following areas:

Career Planning and Goal Setting

- Review of work history / interests to gain a realistic view of potential opportunities
- Assessment of competencies, behaviours and key attributes
- Develop values-based goals to link with personal values
- Formulating personal action plans for career and personal growth
- Managing expectations and managing change

Resume Preparation and Job Applications

- Writing guidelines – structure, current trends, style recommendations
- Building achievement statements and the use of appropriate professional language
- Marketing yourself and your personal brand
- Addressing selection criteria
- Promote your stories to sell your capability

Job Search Strategies and Career Networking

- Job search: the reality
- The visible / obvious job market and how to work it
- The less accessible job market (80%) and how to tap into that
- Networking and leveraging social media
- LinkedIn profile

Selection Process and Interviewing

- How to prepare
- Communication and body language
- Mock interview practice (behavioural based and competency based interviews)
- Evaluation and feedback
- Video interviews

Workplace Expectations and New Beginnings

- Negotiating salaries and contracts
- Transitioning into a new workplace and new culture
- Personal resilience
- Achieving a healthy work / life balance
- Personal presentation
- Establishing yourself in a new workplace or a new role



Investment

Sessions vary from 1 to 4 hours and are held on or offsite.

\$200 per hour (including GST)

Contact

To book in a career coaching session with Rick, please contact:

Kate Staples

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LG Professionals, SA

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