

What is 'Career Coaching'

Career Coaching Services through SED Solutions are focused on facilitating you in a one-one experience to discover your true potential. Your Career Coach is not a subject matter expert in your field, rather they are here to facilitate you to 'Explore, Discover & Navigate' new possibilities and to hold you to account for your intentions. This partnership is to empower you to make informed decisions about your career. It is solution and progression focused. In this partnership, *you hold the agenda* to find your career future.

Through a process of coaching inquiry and challenging your perspectives, your SED Solutions Career Coach will assist you to find your 'sweet spot'; that is, guiding you to more deeply understand the 'what' and the 'how' of your career experiences, strengths, motivators and what differentiates you. Knowing this enables you to understand your 'why', your future purpose, and consider what changes are needed to position yourself for 'success' – 'success' as *you* define it.

Career Coaching with SED Solutions is about giving you a 'Space' that:

- Is very personalized, it is all about 'You' and your strengths
- Dedicates 'Time' to focus on your career aspirations
- Is 'Safe', where you can test new ideas, trial how to tell your story, and gain new confidence and inspiration
- Is 'Current' enabling you to work with a partner [your coach] to analyse possible solutions to sudden challenges in the workplace

Your SED Solutions Career Coach will guide you through career transitions, opportunities and dilemmas, facilitating your potential and progression.