

OUTPLACEMENT SERVICES & CAREER COACHING FOR PROFESSIONALS



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# WE WORK WITH:



## Individuals…

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Description automatically generated with medium confidenceWe provide personalized career coaching for individuals facing a career transition. This could be due to redundancy, returning to employment after a period of time away or requiring support with your next career move. Whatever your personal situation, we’ll tailor our coaching services to match.



Organisations…

We deliver outplacement support services for redundancy situations. This can be delivered through group workshops or via one-to-one coaching and guidance (either face-to-face or virtually). Our programmes are tailored to suit your business, your people and their unique situations. Contact us for your personalised programme and associated costs.

# OUR PROGRAMME

## Helping employees secure their next role after redundancy or supporting their next career move…



The programme consists of 3 one-hour career coaching, advice and guidance sessions. The initial session is an exploratory process, a confidential sharing platform for people to share their thoughts on how you're feeling. This enables us to gain a clear understanding of your individual goals and outcomes.

Subsequent coaching sessions could include:-

* How to structure your day whilst seeking new employment
* Your CV: a review plus hints and tips on how to create their best CV
* How to identify all available and future opportunities
* How to influence organisations and HR consultants: a practical guide to networking online and in person
* Understanding your personal brand: how to utilise social media effectively in a job search
* Interview preparation: how to maximise your chances of success
* Assessment day preparation



Delivery options | to face (wherever possible)

* Zoom

## YOUR COACH - RACHEL HOUGH



Rachel has a degree in Psychology and then pursued a successful career

as a qualified recruiter, add to that 15 years of commercial experience at

director level in leading and managing teams to success.

A qualified HR professional, trainer, LifO assessor and ILM Level 7 Executive and Leadership coach, and having undertaken a course on career coaching, she believes that guiding individuals and teams to developing their true potential will deliver increased success for every individual and business.

## YOUR COACH - KIRSTY CRAIG



A person with short hair wearing a black shirt

Description automatically generatedKirsty has been a professional recruiter since 1988, formally qualifying in 1995 and then as an ILM Level 7 business mentor and coach in 2015. She is North West regional director of TEAM UK, a national organisation of independent recruiters operating across all sectors of recruitment, which gives her access to almost any skill a company could need.

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Description automatically generated with medium confidenceKirsty's 37-year HR career has involved delivering strategic and operational people solutions at senior level, across a wide range of businesses. She is passionate about helping businesses be brilliant employers and mentoring individuals so they have increased confidence, self awareness, and a better understanding of their career goals.

Enquire about our Career Coaching Support:

Tel: 01244 732070

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Description automatically generatedEmail: [kirsty@kcapeople.co.uk](mailto:kirsty@kcapeople.co.uk) <https://kcapeople.co.uk/>