**How It Works**

**1. Free 40-Minute Career Reinvention Call**  
We start with a free, no-obligation call to get to know each other. In this session, we’ll examine your current situation holistically, including your career goals, mindset, language confidence, and any personal or professional blocks that may be holding you back.

From there, you can choose the support that suits you best — whether it's a one-off session focused on a specific job search element like CV writing, LinkedIn optimisation, or mock interview practice; a combined package covering multiple areas; or a personalised coaching programme lasting 4, 8, or 12 weeks.

**2. Career Discovery Form**  
If we decide to move forward, you’ll complete a detailed **Career Reinvention Form**. This helps you reflect on key areas of your life, giving me a deeper insight to design a coaching path that truly supports your growth and goals.

**3. Personalised Coaching Journey**  
Based on our conversation and your Career Reinvention Form, I’ll create a tailored coaching plan. Whether you’re seeking clarity in your career, building confidence in English, or addressing deeper mindset patterns, the plan will meet you where you are.

**4. Coaching Sessions (1:1 on Zoom)**  
We’ll work together in live sessions that may include:

* Career direction & fulfilment
* Limiting beliefs & mindset coaching
* Setting boundaries
* Accent and communication awareness
* CV and LinkedIn alignment
* Interview preparation and visibility in English
* Showing up on social media
* Other themes

**5. Growth Between Sessions**  
You’ll receive **homework**, reflective prompts, or skill-building exercises between sessions. You can also send me **voice notes** with updates, questions, or for extra support. I respond with personalised feedback to keep you moving forward.

**6. Confident, Aligned Career Growth**  
By the end of our work, you’ll have stronger career tools and feel more confident, intentional, and aligned as you take your next step forward.