



CAREER COACHING

CALL 0345 071 2801 or
EMAIL enquiries@hemsleyfraser.co.uk
to find out more and to discuss your
requirements and pricing.

WHAT IS IT?

The chance to pause, take stock and proactively plan can make a real difference to engagement, retention, satisfaction and wellbeing.

Career coaching programmes can be 1:1 or in career stage groups. All content is based on the latest research, policies, and best practices. Business-specific policies can also be integrated.

Career coaching is insightful and practical. It is about raising awareness, making choices, and taking action.

WHO IS IT FOR?

People at different career stages who want to consciously develop their career and enhance work satisfaction. For example:

- Coming to the end of an entry-level programme, thinking “what next?”
- Thinking about leaving but would prefer to stay
- Going through redundancy
- Current skillset is declining, want to re-skill, but not sure how
- In mid-life and unsure about doing this for 10/15/20 years
- Coming up to retirement

WHY USE IT?

Most of your future talent is already employed—by your business or elsewhere. As we are living and working longer, our careers have more chapters than before, but few people are equipped to navigate them.

Businesses and individuals need to learn to upskill, re-skill, and reinvent to stay current and future proof careers. What matters most at different career stages evolves, so targeted career development support is key.

HOW IT WORKS

There are five key stages when people benefit from a career coaching check-step:



1. Early career

- Initial skills and training
- Ways of working
- Breadth/depth or both



2. Shifting gear

- Shifting gear or direction
- Upskill, re-skill
- Balance struggles



3. Mid-life review

- Taking stock
- Wealth, work, wellbeing
- Growing need for meaning
- Lifelong learning



4. Final chapter

- Not ready to retire
- Legacy
- Working differently is a key priority (e.g. portfolio)



5. Retiring

- Transitioning
- Identity shift
- Occupation, but in a different way

Despite compelling evidence, few companies offer a coherent suite of career support.

1:1 career coaching is typically six sessions over 3 months.

Group programmes include a workshop, access to resources and personalised 1:1 sessions (1, 2, or 3).

Workshops provide shared learning, reassurance and buddy support beyond.

OPTIONS

Group workshops (10-12 people) or 1:1 sessions.

PRICE

Contact us for details.