

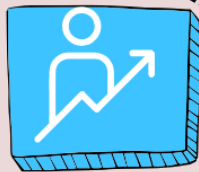
Thirty Forward career change

EMPOWERING WOMEN 30+ TO
CONFIDENTLY AND SEAMLESSLY
TRANSITION INTO THEIR DREAM
CAREERS



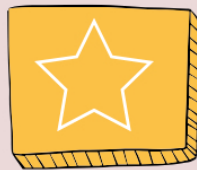
Stage 1. Operation rebuild

We work together to visit those areas where you are feeling stuck and discover the costs these are having on you gaining momentum. We will work head on with the stories that you are telling yourself and drawing out the meanings you make. What are the common themes in these stories and how is this driving your actions, thoughts and behaviours?



Stage 2. Awaken

We challenge the narratives that are holding you back and discover more helpful ways of thinking. We'll also find strategies to reduce their impact and power they have over you and your everyday actions. We now start to pave the way towards realising your inner clarity and wisdom



Stage 3. Your uniqueness

We start to discover what really brings you joy and happiness in the context of your career and shape a plan that fits with your career values. By doing this you start to feel motivated and ready to take action.



Stage 4. Mobilise

As we start to move you closer to your career goal, we explore proven 'go to' tools to accelerate your inner confidence and self esteem that will help to provide a brighter career future for you.



Stage 5. Apply

At this stage of the process, we now look at the specifics of your career transition focusing on your LinkedIn profile, constructing a winning CV and a game plan for your job search. This stage will also explore the concept of 'it's not what you know, it's who you know and the best practices in networking.