



# Get your career back on track

**Going back to work?  
Looking for a new direction?  
Tired of your job?  
Forced out of a job into the open market?**

Then we can help you. ValueU is dedicated to ensuring that the people we work with take the lead in their own lives and careers creating compelling futures that live up to their dreams. We do this by delivering positive behavioural change that supports your personal brand.

As experienced and accredited coaches, we will work with you to identify and clarify your goals, eliminate any barriers, and help you plan for and achieve success.

It may be that you need to resolve issues around self belief and confidence, work life balance, matching your skills to market requirements, evaluating options or many others. Whatever your concerns and aspirations, we can provide a service which will address them.

To find out more, please call us on 01442825156 and speak to Sonia or visit the website at [www.valueu.com](http://www.valueu.com) and email us at [info@valueu.com](mailto:info@valueu.com)

valueU



# Our programmes

## One to One coaching

An individually tailored programme of coaching over a minimum of 6 weeks, designed to help you get really clear about where you are going and what it will be like when you get there. In the sessions we will work with any issues you may bring, from self confidence to finding out what you really want from work and life. We do not come with ready made solutions. We work with capable adults who are in charge of their own destinies. All our coaches are trained, accredited and members of the International Coaching Federation and or the Association of Coaching.

The coaching packages are flexible to suit your requirements and availability. Coaching can be conducted on the phone or face to face and sessions may last from half an hour to 1<sup>1/2</sup> hours. We are qualified to use a number of psychometric, behavioural and 360° tools to inform the coaching and enhance the process of self awareness, but will always discuss this with you when designing the coaching package.

## Half and full day workshops

Workshops are a great way to work on your plans and to explore your thinking with a variety of other people. They are also great for networking.

Our workshops are designed to help you:

- Build self awareness and confidence
- Identify and build on your strengths
- Get clear about where you are going and what it will be like when you get there
- Identify what you want your work/life balance to be
- Develop appropriate behaviours that will enable you to achieve your goals
- Create a great first impression - optional 360° Impact tool (see website or call us for details)
- Explore the importance of language - both verbal and non verbal
- Develop an impactful CV

All our workshops are tailored to participants needs and are run on a demand basis.