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# Reimagine Your Career

A 1-to-1 12 week programme to take you from  
overworked and unfulfilled to your dream career



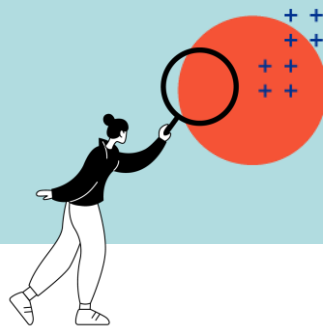


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# Do you feel?

- ✘ **Your job is draining every ounce of your energy** until there is nothing left to give for your family, friends, sport or life?
- ✘ **You are working hard but still, it is not enough?** The to-do list never stops, projects keep coming, change is constant
- ✘ **It's no longer clear** what you are doing this for and what fulfilment you get from your work
- ✘ **You don't want the career path in front of you.** You wouldn't want your boss' job anyway!
- ✘ **Your colleagues burning out and you don't want to be next**



## It's time to Reimagine Your Career

# Would you like to...?

- ✓ Find a career that truly excites and energizes you
- ✓ Understand and manage your energy to perform at your best without burning out
- ✓ Plan your development to stay relevant for your future career
- ✓ Create a life-work style that allows you time for sports, family, friends and hobbies while achieving in your career
- ✓ Know what you want in a career and how to get there





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# Let's work together to Reimagine Your Career

A one to one 12 week programme to navigate from career rut to career rocket....

## Take time out to

- ✓ Reflect
- ✓ **Refocus**
- ✓ Reenergize

So you are happy at work now and achieve your future goals without burning out on the way there.

Let me share what your career journey could look like. It might be a similar story to Sarah, Jacky or John....





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## **Sarah's Story** **Unhappy and burning out**

Sarah had taken on a new job, in a new industry and was completely miserable - a competitive culture, unsupportive colleagues and micromanaging boss. This led to high-stress levels and burnout.

**Coaching helped Sarah define what culture and work environment would suit her, prepare for interviews to explain why she was leaving a new job after a short time.**

She found a new position with culture and team where she felt energised and engaged in her work again.





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## **Jacky's Story**

### **A new direction after being laid off**

Being made redundant wasn't a surprise for Jacky having survived numerous rounds of restructuring until now. Before starting a new job she wanted to review her career options and make sure her next job was the right step. The long hours (60-70 hours per week) and constant pressure of her old job had taken their toll on her energy and left no time for her triathlon training or family.

**Coaching supported Jacky to develop a career plan and concurrently working on building habits to maintain healthy work-life balance when she started her new job.**



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## John's Story Unfulfilled and looking for purpose

John felt spoilt when he told people he didn't enjoy his job. To the outside world it was well-paid job, in a large bank and he'd moved rapidly up the career ladder. However, after 10 years in banking, he just wasn't finding it fulfilling anymore.

Coaching helped John to define his values, what work would give him a sense of purpose, define what he wanted out of a career and life, develop steps on how to get there.





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# How it works



**Before the first coaching session** we'll have a first meeting where we look at how coaching will help you and agree on the coaching objectives

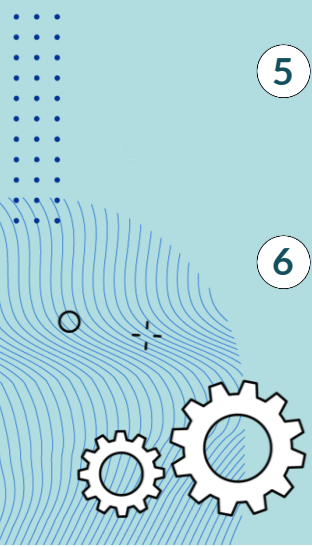
- 1** In the first session we lay the foundation by asking **What do I really want?** We look at your career aspiration and vision. We take a time to reflect on your career and discover when have you felt happy, successful and fulfilled
- 2** We then take a deeper dive to find out more about yourself and **understanding your values, skills and style.** You will have completed the DISC profile prior to our session. We aim to discover the sweet spot where you bring together your vision, experience, values and skills
- 3** In this session is about finding out **what do I need to move in a new direction?** We'll be working together on your personal career and development plan





# How it works

- 4 Now we are starting to get down to action planning so you know the steps that help you **to know what to do to get there**. We'll start working on the practical outputs that you'll need like a career narrative, a great CV & LinkedIn profile, networking plan and elevator pitch
- 5 We continue work on the career and development plan and see **what might be holding you back**. We identify any-blockers, barriers or limiting beliefs. Often these might be around self confidence, self-criticism, perfectionism or managing your work-life balance
- 6 We finalise the **career plan, outputs and set goals** for successfully starting in your **career journey**

Decorative graphic on the left side of the slide featuring two interlocking gears and blue wavy lines.

**4 – 6 weeks after the sessions** there is a follow up session where we ask **How did it go?** We reflect and adapt your career plan and goals if needed



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# After the programme you will leave with

- ✓ Career plan and direction
- ✓ Personal development plan
- ✓ Stress and work-life style assessment, **stress management plan** and support to build new habits
- ✓ Self awareness - understanding of work environments, culture that suits you
- ✓ Support with practical actions steps to move forward eg. CV, LinkedIn profile, elevator pitch

## This includes

- ✓ 6 1-1 coaching sessions over 12 weeks
- ✓ DISC behavioural profile and debrief
- ✓ Stress and work-life style assessment
- ✓ Career and development plan
- ✓ Personal workspace for collaborative working
- ✓ Copy of my book *Focus in the Age of Distraction*
- ✓ Access to my online course, *Focus and Get More Done*
- ✓ LinkedIn profile header, updated CV



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# Case Study



*I started my coaching sessions with Jane as I needed more clarity on how to achieve my goals. I soon defined a more realistic plan to keep a healthy work-life balance. Through the sessions I learnt techniques to manage those moments of negative mindset, and to identify when perfectionism would get in my way of achieving my objectives. I found Jane an easy person to connect with. She has a real interest in helping you and an enjoyable technique to make you confront and improve your own mindset.*

**Annie**

Annie shifted to Zürich and was taking time out to review what she wanted to do after a successful career in the insurance industry in Australia.

The question for Annie was what next? While there were many ideas in her head she was struggling to know which one to pursue. She'd applied for jobs but had not even got an interview for jobs she thought she was qualified for. This knocked her self-confidence. She stopped meeting people, distracted herself by cleaning, exercising a lot and having long calls to her family in Australia.

We started with reviewing her past achievements and identifying her interests, knowledge, and skills. We looked at her low self-confidence and perfectionism that was keeping her stuck.

**Annie started a course in programming, initially thinking she'd use it to design a website for her own business. She enjoyed it and did more courses. She was at very early stages of setting up her own web design company when was approached by a company and decide to take a job as a Programmer. In a short space of time she was appointed as a Technical Programme Manager. Three years later she is now a Vice-President.**



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# Who is Jane?



Hi I'm Jane your coach supporting and helping you to achieve an exciting and interesting career, while keeping mentally and physically healthy. I believe your work and life are intertwined and connected to the organisations that we work for. I take a holistic approach to careers looking at you as an individual but also your organisation, its culture and social context, and trends in the market. I've had 25 years working internationally in New Zealand, USA, Switzerland and Norway in corporations like Roche, Amcor to smaller companies as AFRY and Air New Zealand. I worked in mainly HR and change management positions, up to Vice-President level. Seven year ago I stepped off the corporate treadmill and starting my own company.

I'm a registered Organisational Psychologist and an accredited member of the International Society of Coaching Psychology. I completed an Executive MBA with Henley Management College in the UK.

I'm not just a career focused. I don't want to wait until I retire to enjoy my life!! I'm a keen outdoor sports person - cycling, cross-country skiing, snowshoe hiking. I understand the challenges of finding a fulfilling career, but not at the cost of reducing other opportunities in life or mental and physical well-being.

**Let's work together to reimagine your career.**



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# Next Steps

Your Investment CHF 2,000\*



Set up a discovery call [here](#)

I really look forward to working with you

*Jane.*



\* Or CHF 670 per month