



The Big Blue Box Ltd

Career Direction

Making change sometimes requires patience rather than pace. We have a problem and see a solution and often jump to action! Sometimes in our search for a solution we can close down options or reject them as unachievable or inappropriate. Our need for a quick resolution can lead into further difficulties. It takes courage to take time when our instincts tell us to 'act now'!

E was provided with a coach as part of a redundancy package. Having focused on her career to the exclusion of other factors in her life E had only herself to rely on at this difficult moment, her confidence was very low and she was tempted to rush into any solution.

For various reasons it was clear that E was not ready to rejoin the job market immediately and work needed to be done in rebuilding her self esteem and confidence and deciding on her future direction. Her need to take action was directed towards 'sorting out' her home and private life. This meant decluttering and simplifying as many aspects of her life as possible, but in achieving those tasks E would establish control, reduce stress, reduce expenditure, and build confidence.

This process also gave E time to reflect and come to terms with things in her life that she had not had time to consider fully. The sense of achievement improved her feelings of self worth and confidence.

Coaching conversations developed around rebuilding the CV, what should E be doing with her career, what did she really want to do?

E was clear about her skills and experience and in which industry she wanted to work, but as her confidence grew she began to move away from ideas of just 'getting a job' towards 'starting her own business'.

Developing a clear business idea and offer to potential clients enabled E to begin to 'network' within her existing contacts. Very quickly, with her renewed confidence E began to get expressions of interest in her business proposition.

Within a six months of leaving her previous job E has turned down offers of full time employment, is now running her own business, has registered for VAT, is paying herself a regular salary, has saved cash reserves, and has contracts that could provide her with an income worth more than twice her previous salary - for her first twelve month of trading.

Furthermore E has now built a new network of business contacts, is building a public reputation for herself within her specialist industry sector. She has also continued to make progress in her private life, building new friendships, strength and confidence.

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