



# Vista People

## Tailored career coaching programme.

Are you at a career crossroads? For most people, their job consumes more time than family and sleep, which is normal. Your career dictates your lifestyle for you and your family and how much personal time you will have to share with your family, friends and most importantly, your own downtime. For some people their job is all consuming and defines who they are, for others it is a means to an end and they can switch off at 5pm. Whichever way you look at it, your job is a vital part of your life.

Whether you are no longer satisfied in your current role or are in between roles, the big question on your mind is 'What do I do next'? With our background in executive search and coaching, Vista People are uniquely positioned to offer professional guidance and candid advice to you in seeking job opportunities and preparing for interviews.

Over five 75 minute sessions, we will work together on the following:

- ✓ Finding jobs and preparing for job interviews
- ✓ Discussing your current situation, your background and experience
- ✓ Completing a self-analysis SWOT document
- ✓ Being able to clearly define your accomplishments and skillsets
- ✓ Challenge your current thoughts on your career options
- ✓ Look at possible employment alternatives
- ✓ Identifying suitable job opportunities
- ✓ Designing a well-presented and effective CV and LinkedIn profile
- ✓ Outlining for you different interview formats
- ✓ Improving your interview style to make an impression on the interviewer/s
- ✓ Negotiating techniques to achieve a win:win situation with a potential employer
- ✓ providing post-interview feedback on the interview
- ✓ Creating a definite plan of action
- ✓ Introductions to 3<sup>rd</sup> parties (where appropriate)
- ✓ A psychometric questionnaire and report

The sessions are one-to-one, and are held at our offices in Blackrock or Harcourt Street or a mutually agreed venue. The aim is to offer a coaching mentor during this transition phase of your career. Our ambition is to assist you in identifying and seeking opportunities in line with realistic possibilities, and to help you do well at interview.

The cost of this service is €575 paid in two instalments, 50% within two business days of the first meeting and the remaining 50% within two business days of the last meeting.

Vista Oasis Ltd. trading as Vista People. Company registration no: 581634. Business name registration no: 578183. VAT registration no: 3415696KH. Directors: B. Hoffman, A. Hoffman. Vista People operates with a Workplace Relations Commission licence (no. EA4026) and has been Garda vetted in Oct 2016 to obtain this licence.