

Career Coaching

In a busy working world, with ever growing demands and fewer resources, it is easy to put yourself last – to fail to take time to think and plan. Vicki works with individuals to enhance their career resilience in order to identify career opportunities and options that increase work engagement and well-being. Playing ‘devil’s advocate’ she is able to assist coachees to move beyond current barriers and constraints to identify potential solutions, develop strategies and make career decisions that take into account desired lifestyle and the reality of current and future work environments. While actively listening and sharing experiences and insights, Vicki will also challenge your thinking and encourage the exploration of new ideas and perspectives. Her coaching programs are conducted in an environment of confidentiality, transparency, mutual trust and safety, without judgment.

A minimum of four career coaching sessions is recommended, with some programs running up to 12 months to enable mindset and behavioural change - the embedding of new habits. Coaching sessions are based on Vicki’s SEE FAR methodology:

- **S**elf-understanding and Identity
- **E**xternal Image and reputation
- **E**nvironment – internal workplace and external landscape
- **F**inancial Objectives
- **A**ction and Reflection – viability of options
- **R**esults – career strategy



A review of your resume and LinkedIn profile may also be included.

Vicki underpins her coaching with evidence-based practice, utilising well researched techniques:

- Solution focussed coaching
- Profiling, i.e. career drivers, work preferences, personal values, interests, skills, VIA signature strengths, personal resilience
- Values alignment, purpose and legacy exercises
- Goal setting and career planning

Benefits of career coaching

Time to reflect on career experiences and identify themes

Improved personal and career resilience

Career plan and longer term strategy developed

Enhanced confidence and self-belief to achieve more than you thought possible!

Vicki Webster

M: +61 409 867 103 | E: vicki@incisiveleaders.com.au | W: www.incisiveleaders.com.au