

Could Career Coaching Help You?

Q1: What best describes your current satisfaction with your career?			
2 points: I dread each week	4 points: I have good days and bad days	6 points: Most of the time I get a real kick out of the work I do	8 points: I love my job
Q2: What best describes your career to date?			
2 points: I've just kind of drifted along	4 points: I've changed directions at least a couple of times	6 points: I've done well, but I'm not sure why!	8 points: I've planned my career and have been promoted regularly
Q3: Compare you academic record and your current role – have you achieved your potential?			
2 points: Clearly under Achieved	4 points: Not yet reached your potential	6 points: Reached your potential	8 points: Maximised your potential
Q4: When did you last get promoted or take a better job?			
2 points: More than 5 years ago	4 points: 3-5 years ago	6 points: 1-2 years ago	8 points: In the last 12 months
Q5: Who do you tend to talk to about your career?			
2 points: No-one	4 points: Friends, family and some work colleagues	6 points: My line manager and the Human Resources department	8 points: My network of contacts and my mentor/executive coach
Q6: What best describes your current approach to job searching?			
2 points: I don't know where to start	4 points: I'm waiting for the right job to come along	6 points: I'm registered with all the right agencies and I review the press and web regularly	8 points: There are a few options that I am working on both in my current organisation and elsewhere
Q7: Where was the last time you updated your CV?			
2 points: I don't have a CV	4 points: The last time I moved companies	6 points: The last time I changed jobs	8 points: In the last few months

ANSWERS:

14 – 22 points – This is a lower than average score: call us now before it's too late!

23 – 37 points – This is an average score: but who wants to be average?! With our help you can take control of your career!

38 – 55 points – This is an above average score: with our help you could really go places!

56 points – This is a very high score: sounds like you have things sorted!