

## The services of a career coach

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A career coach guides you through a four part process to identify a suitable career di assessing yourself, imagining your ideal future, researching career ideas and plans, and launching your career p

### Assessing your self

The first phase is self assessment. A career coach uses a variety of exercises and questionnaires to clarify what passionate about, and to create an [inventory](#) of all of your transferable skills. Another commonly used tool is the helps you identify your preferred work environment. By the end of this phase, you will have a list of Career Ideas

### Imagining your ideal future

The second phase is imagining [your ideal future](#). A career coach helps you map out your preferred Career / Life set aside limiting beliefs and perceptions in order to discover what you really want for your career and life journey and map for the career journey.

### Researching career ideas and plan

The third phase involves researching your Career Ideas and preferred Career Plan using on-line resources as w possible in your fields of interest. A face to face meeting is the best way to get a glimpse at what the career is re: area, and what kind of training might be required. Along the way you will meet interesting people and make usefu openings.

### Launching your career plan

During the last phase, the career coach helps you prioritize all of the information to decide on the most suitable c planning so that you know what you need to do to [move forward](#). Now you are ready to launch your Career Plan upgrading your high school credits, volunteering to gain more experience, revamping your resume to feature you active job search, enrolling in further education, contacting an employer about training on the job or finding a mei

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