

## Transition Coaching at Career Savvy Women

Are you a female professional in the TV sector?

- Returning to work after a career break such as maternity leave?
- At that tipping point of your career where you are thinking about what next?
- Or experiencing any other change in your role such as promotion or managing a new team

...and you want to ensure you hit the ground running?

**Career Savvy Women** offers Transition Coaching, giving one-to-one support to women going through a period of career change. Coaching provides the space and quality thinking time to help you take control of achieving your goals, developing your confidence, resilience and resourcefulness.

Specifically:

- If you are going back to work after a career break, our coaching programme can enable quicker reintegration back into the work place and support you through the practical and emotional implications.
- If you are thinking about your next move, we can help you shape what that looks like and how to get there.
- If you are stepping up to a more senior influencing role, we can help you develop your confidence, communication, contribution and credibility, the factors that are vital for success.

### What You Can Expect

#### Coaching details

3, one-to-one coaching sessions of 90 minutes each tailored to your goals.

Coaching takes place face-to-face, over the telephone or Skype, as convenient. They are offered at intervals to meet individual circumstances. Additional sessions, beyond this initial offer, are available.

#### Investment

3 coaching sessions for **£800 plus VAT**

**This programme is eligible for Creative Skillset individual bursary support for freelancers. For eligibility criteria and how to apply, check out this link**

<http://www.creativeskillset.org/funding/individuals/>

#### Who we are

**Jan Armstrong and Helen North** are accomplished accredited executive coaches and facilitators and founding members of the Career Savvy Women team. Moreover their experience is grounded in the creative media sector. Clients include BBC, Creative Skillset, Millward Brown, The Aspire Foundation and Creative England. Find out more on [http://www.careersavvywomen.com/spage-who\\_we\\_are-the\\_team.html](http://www.careersavvywomen.com/spage-who_we_are-the_team.html)

**Career Savvy Women is a unique leadership development resource.** We aim to increase the numbers of women in senior roles in organisations. We unashamedly address that women's careers do need to be managed differently. We offer on-line development with the personal touch of workshops, coaching and personal profiling. For further details see [www.careersavvywomen.com](http://www.careersavvywomen.com)

**Contact:** For more details or to book your coaching programme, please contact:

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## Frequently Asked Questions

### **Do the coaches have experience of my sector?**

*Both Jan and Helen have over 20 years experience between them of working either in or with professionals in TV. You can read more about them on the CSW website [http://www.careersavvywomen.com/page-who\\_we\\_are-the\\_team.html](http://www.careersavvywomen.com/page-who_we_are-the_team.html)*

### **Are the coaches qualified?**

*All Career Savvy Women coaches are qualified executive coaches.*

### **Can I have a discussion with one of the coaches before deciding?**

*As a first step we will talk through any questions you may have about coaching. As part of the call we will discuss what your goals might be.*

### **How will I know if coaching is right for me?**

*Coaching is a one-to-one partnership between an individual and coach providing a non-judgemental space to achieve the client's goals. Coaching works where clients are willing to make the changes needed to get there. Coaching can be challenging as well as rewarding.*

### **What experience do I need?**

*This programme is aimed at freelance women working in the TV sector. Creative Skillset expect bursary applicants to have at least 3 broadcast credits in TV within the last 3 years or to be returning to TV after a career break. Their bursary eligibility criteria can be found on their website.*

### **What happens if I need more than the 3 sessions on offer?**

*Clients can have further sessions if they want to continue. The coach will discuss and decide with you what's needed and the additional fee. This would not be covered by the Creative Skillset bursary which is a maximum of £800.*

### **Is the funding from Creative Skillset guaranteed?**

*After agreeing to go ahead with coaching, clients will need to apply to Creative Skillset for a bursary. They have a limited number of bursaries available.*

### **When will coaching start?**

*The coach and client will together agree when each of the coaching sessions will take place, to fit with the client's goals.*

### **How long will the coaching programme take?**

*Coaching is offered through 3 coaching sessions. The coaching programme is likely to take place over about 4 months, determined by the client's goals and schedule.*