



# Professional Career Development Services Reframe Your Career

**Our special offer** to support individuals and organisations in times of significant change

In this unprecedented time of change, we are all facing significant disruption, not only immediately in how we are living our lives, but also to our career post-Covid-19. Many of us are likely to be anxious and have many unanswered questions.

*What is the future going to look like?  
Will I have a job to go back to?  
How will I manage if my employment is affected?*

There are many unknowns. But one thing is certain - we will all need to reflect on how we reframe our career and our future.

The **Reframe Your Career programme** is a special programme developed by **The Career Development Company** to support individuals and organisations in this time of change.

### **For individuals to:**

- Develop strategies about how you can effectively manage the uncertainty that you may be facing.
- Gain an understanding of your strengths, values, and drivers and how you can successfully apply this understanding to your future.
- Create strategies to positively move forward into the future.

### **For organisations to:**

- Offer career support to staff in the current Covid-19 context.
- Offer a structured career programme to help positively manage outplacement and career transitions to affected staff in the post-Covid-19 context. This may include:
  - transition support
  - a career reframe
  - practical support for developing CV, job search strategy and interview preparedness.

**Enquire today to talk about how we can support you in these times of change**

**[connect@thecdc.nz](mailto:connect@thecdc.nz) | [www.thecdc.nz](http://www.thecdc.nz) | [linkedin.com/company/thecdc](https://www.linkedin.com/company/thecdc)**

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## Our special offer - to the end of June 2020

The **Reframe Your Career** programme runs over an agreed period, supported by highly experienced career professionals. The programme:

- is a blend of online coaching sessions and activities, tailored to your needs.
- using our unique **RECI®** model, we help individuals reflect on who they are, explore possibilities, and create and activate meaningful strategies for these times of change.

We are offering a **free 15 minute** needs assessment session at the beginning of each programme option to agree on how best to utilise the time together.

We have **three programme options** on offer:

**Option One:** 45 minutes  
\$95 +gst

**Option Two:** 1.5 hrs  
\$180 +gst

**Option Three:** 2.5 hrs  
\$290 +gst

## The Career Development Company

We are a for-profit social enterprise offering expertise in professional career services throughout New Zealand. Our qualified team of four Executive Directors - Dr Val O'Reilly, Caroline Sandford, Amanda Smidt and Julie Thomas have worked extensively in the career field, including in corporate, education, private practice and leadership roles.

We also offer a range of services including Career Coaching and Counselling, Professional Supervision and Mentoring, Effective Career Conversations Programme, Outplacement support, a Career Development Programme Review, and bespoke workshops and career services.

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