



CAREER SUPPORT SERVICES

Helping people move on quickly and confidently

INTRODUCING 360HR'S CAREER SUPPORT SERVICES

In today's job market, redundancy and change has become a regular part of business and will affect almost everyone at some point in their career.

Career Support Services are provided to assist individuals during career transition and redundancy.

The 360HR 'On the Bench' program has been designed specifically to assist people to move forward positively and on to new opportunities.

The 360HR career support team create a trusting environment where professional tips and techniques are combined with extensive care and encouragement working towards win-win outcomes.

FEEDBACK FROM OUR HAPPY PARTICIPANTS...

"I would recommend this program to others, as it provides positive, well researched methods and tools, for the next step in one's career."

"The content is excellent in improving insights and techniques to reflect on my previous job and finding the next one."

"Well researched and suitable for taking a retrenched person through their unique journey."

"Very professional. Made an effort to make me feel relaxed and open in responses... made me feel comfortable."

WHAT TO EXPECT FROM 360HR'S CAREER SUPPORT SERVICES

Our Career Support program is designed to provide you with the practical support you need during your career transition. This may include assistance with:

- Individualised Career Transition Action Plans
- Assessment of future career goals (job change, further training, entrepreneurship, and/or life options including retirement)
- Building an effective resume that sells your experience and achievements to-date
- Information and education on the current job market
- Job search techniques
- Introduction to our 360HR Recruitment Consultants



THE 360HR CAREER SUPPORT PROGRAM: "ON THE BENCH"

The 360HR Career Support Program, "On the Bench" is a one-on-one program designed for individuals at all career levels.

The elements of the program are structured to meet the specific needs of participants and includes topics such as:

- "Managing in a world of change" - Reasons and responses to change
- "What do you want to play now?" - Current capabilities and career goals
- "Your player profile - marketing you!" - Building resumes and online profiles to get noticed
- "Where is the game being played?" - Job search techniques including use of social networks
- "The selection trials" - Interview skills
- "Back on the team - playing to win" - Maintaining motivation and activity focus
- "Your coaching team" - How and where to access support services

Participants are provided with workbook and online guides, face-to-face or online coaching sessions with a career coach, professional career assessments, telephone, video and email support, and introductions to additional services.

For information on the program, contact 360HR:

Joanne Pelham, 360HR Solutions, Director

0422 666 695

joanne@360hrsolutions.com.au

**Innovation Campus, Building 1, Suite 1/4 Squires Way
North Wollongong, 2500**