

Overview

An 8-week intensive coaching course designed to meld personal recovery and growth with professional development, tailored for individuals rebuilding their lives and careers post-challenges.

Week 1: Self-Assessment and Goal Setting

Week 2: Building a Personal Brand

Week 3: Skills Development and Enhancement

Week 4: Networking and Mentorship

Week 5: Health and Wellbeing in Professional Life

Week 6: Resume and LinkedIn Makeover

Week 7: Interview Skills and Practice

Week 8: Job Search Strategies and Action Planning

Graduation and Continuous Support

Each phase of the course is designed to empower participants not only in professional arenas but also in their personal growth and recovery journey, ensuring a balanced approach to rebuilding and advancing their lives and careers.