



Vocational Coaching

“Vocation is where your deep gladness meets the world’s great hunger.”

- Frederick Buechner

Vocation is seen through the lens of the alignment of natural skill, passion and available employment. To explore these things, I provide opportunities for dialogue, exploration and discovery, with creative use of reflective activities, which enables clients to gain new understanding about their career and life journeys.

Drawing on a unique mix of knowledge and skills, and especially my background as an Occupational Therapist, I make use of an in-depth understanding of people and organisations to guide others as they seek to explore vocation and manage career transitions. You might like to see my CV¹ for more in depth information about my background.

For people in career transition or experiencing a vocational crisis, I offer the opportunity for what have been called ‘*life-changing conversations*’. My Occupational Therapy-related skills in helping people find meaningful work, and my experience as a senior manager in leading people through major work-placed change, is very helpful to support individuals to successfully navigate significant decision points in their careers.

Responsive to where people are at, and utilising deep listening skills, I tailor programs for each person, combining guidance on tangible skills such as communication and goal setting, with more intangible qualities like trust, integrity and resilience. I am also able to offer skills-based coaching on the many leadership and management areas that my experience covers.

Coaching can be customised for each person’s requirements but is generally provided in a package of six one hour sessions spaced over a period of time. Usually the sessions are held monthly to enable time for reflection and follow-up activities by the client but depending upon individual circumstances the sessions may be held as frequently as weekly.

Prior to commencing a package of coaching sessions, clients are able to attend a preliminary session to discuss their needs and confirm that the proposed package and my style will match your requirements. A contract covering agreed goals for the package of sessions is confirmed with the you prior to commencement. Where vocational coaching is contracted through an organisation there is provision for a preliminary meeting with a third party in the organisation and brief report at the end of the package.

Coaching sessions can be held in a variety of locations depending on the client’s preference but often occur in the informal setting of local coffee shops where conversation is able to be facilitated in a relaxed and comfortable environment.

¹ CV is on the Resources Page and About