

EnergiseLegal case study

For Solicitors/Career Management/Career Transition

Career back on track

The Brief

- Client had put her career on the 'backburner' to bring up 3 children.
- To build confidence in what have to offer.
- To reignite their career now that their children were ready to 'fly the nest'.
- Support her to let go of any career regrets and look forward.

Our Role

- A 12 hour coaching programme, face - to - face and Zoom.
- To help our client to see how marketable she is.
- Open their eyes to all the fantastic experience and achievements they have volunteering for their church and how these = career capital and relevant experience to secure a new job.
- Achieve a role that matches their motivations, values and purpose.

The Result

- Achieved a 12 month maternity cover contract a 5 minute drive from home in an area they were passionate about – making a difference.
- More positive and enjoying life more – being in the moment.
- Planning ahead things to look forward to and prioritising their own needs and happiness more.

Client Testimonial

“Rachel is excellent at her job. She is a great listener and homed in on the areas in my life which I needed to change. She listens, encourages and provides ‘food for thought’.

Coaching provided a framework within to grow, time to focus on me and getting my career on the right track. Rachel's career coaching focused on increasing my confidence whilst also setting achievable targets and giving practical advice. This helped me to 'get moving' by shifting my outlook on life.

My coaching helped me establish my values and clarify what I really want from a job, and this enabled me to decide what direction I would like to go in. Practical advice on how to prepare for an interview and having practice interviews was invaluable.

I have found a job which I like, a 5 minute drive from home with the right work-life balance and I am also thinking more about the future and planning things to enjoy for myself and my family.

Coaching with Rachel has helped me to be more positive about life in general, I am more accepting of myself, taking better care of myself, living more in the moment, enjoying what I'm doing and going with the flow."

Margot Tucker.