

What makes a good Career Coach?

Organisations and individuals who use the services of career practitioners and coaches come to us with a very different set of challenges than they did 5 years ago. People are now dealing with enormous amounts of complexity.

Career work now requires a process that offers more in-depth work with clients to enable them to cope and respond to the challenges we face in this new world with greater confidence. When looking for a career coach or mentor who could do this look for one with the following qualities:-

- has an 'authentic' approach and will tell you whether they can meet your expectations by their process
- has a strong understanding of the corporate/business experience yet who has a 'holistic' or 'whole-person' approach
- has the confidence to go deeply without getting into a therapeutic process
- has a strong ability to stimulate storytelling with excellent reflective listening ability to pick up on themes and context dynamics from those stories
- whose experience and diverse skills opens up worlds of possibility for the client
- has an ability to 'enable' a client's understanding rather than 'telling' or 'advising' too much

Best of all get a recommendation from someone who was empowered by the experience to make change and who developed a whole new level of understanding about who they are in the world as a result of the process they went through with the coach.

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