

your dream  
job



## career development case study

### The Client

Lynda was at a career crossroads. She had carved out an excellent career in nursing and was now a senior ward manager. She had always felt that being a Matron was her ideal job and that she was well qualified to further her NHS career and step into the role.

### The Requirement

After two unsuccessful interview attempts she was feeling demoralised and unsure whether she was following the right career path.

It was at this point she wisely decided it was time to re-evaluate her career and determine what she really wanted out of her next job role and her career moving forward.

### The Solution

Lynda attended the 'One Step Beyond' Workshop. Aside of the professional career coaching support and encouragement from Steve Preston and Debbie Smith, one of the key benefits of the workshop was being introduced to a new group of people who were all attending for the same reason i.e. to move their career to the next stage while they could not see the way forward.

The workshop activities challenged Lynda to re-evaluate many aspects of her life and career including her values and needs, what success meant to her and what was important to her in a future role plus she fleshed out her true marketability including her undeniable hidden talents.

A personal action plan was developed in which Lynda decided that she would consolidate her position and

take a sideways move whilst rebuilding her confidence and that her ultimate goal was still to achieve that elusive Matron role which she would pursue in a year or so.

She decided that when the right opportunity came along that she would invest in some professional Interview Skills coaching to help her overcome her interview 'demons'.

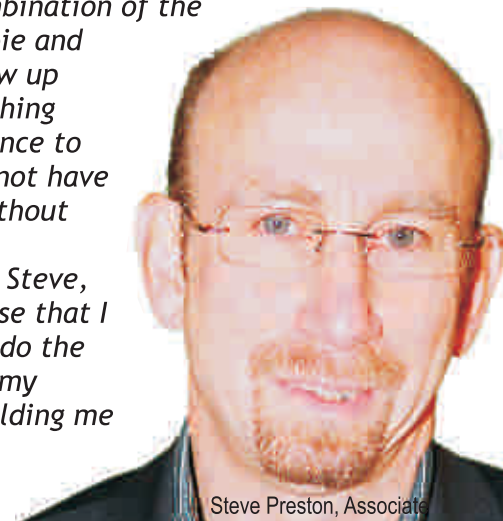
### The Results

Her dream job came up much quicker than expected and she immediately contacted Steve.

After a couple of hours of intensive coaching, Lynda had honed her technique, overcome her nerves and self doubts and completely reframed her mindset so that she could only see herself being successful and in that Matron's uniform.

Sure enough, this is exactly what happened and she 'nailed the interview' and landed her dream job. She has since been commended for her performance which was the icing on the cake!

Lynda says *"The combination of the Workshop with Debbie and Steve then the follow up Interview Skills coaching made all the difference to my outlook. I could not have achieved this job without their assistance and guidance, especially Steve, as he made me realise that I was good enough to do the role but it was only my mindset that was holding me back. I cannot thank you enough"*.



Steve Preston, Associate



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