

# Career Coaching

Feeling stuck in your current role and ready to advance your career? Taking that first step can feel daunting, but our career specialists are here to help. We'll work with you to identify your values, interests, skills, and strengths, aligning your career plan with your goals for a fulfilling path forward.



## Be in the right job for you!

- **Concerned about starting a new job?** Stepping into a new role or taking on a new responsibility at work? Our career coaches can help you make a successful transition.
- **Want to advance your career?** We can help evaluate your skills and interests to create a tailored action plan, whether it involves upgrading skills, taking courses, or refreshing your job description.

## One call is all it takes to get started.

Life Smart Coaching empowers you with the information and support you need to help you make your career more rewarding and successful. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.

2. We arrange for one of our coaches to call you and walk you through the types of support you could benefit from, including personalized resources specific to your concern.
3. We'll be there to provide one-on-one support as needed.

**Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, we can arrange counselling services (face-to-face, over the phone, or online).**

**Life Smart Coaching can help you overcome job hurdles and take your career to the next level.**



**Call us to get started**

**1-866-565-4903**

International (Call collect): 604-689-1717

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