

## **Career Consultation: your career under the microscope**

### **Career Consultation?**

You may be happy and productive in your current job and yet still have a number of questions such as, “ I would like to achieve more but how can I do that and what steps should I take?” or “I would like to try something different but I don’t know what is realistic for me”. If you recognise yourself in these statements, you might benefit from some independent advice from a professional consultant. A consultant can show you whether your goals are realistic and can help you to take the next steps in your career. This may be important for you in the future if your work changes or if there are promotion opportunities or reorganisations. The Career Consultation aims to stimulate you into thinking about your ambitions now, so that you can react more quickly and positively if your work situation changes or if career opportunities occur in the future.

### **Who is it for?**

It is for everyone who wants to brainstorm about his or her career, and particularly for TU/e employees who have been in the same job for several years. You don’t need permission from your boss to take part and it is free of charge for TU/e employees.

### **What actually happens during a Career Consultation?**

The Career Consultation consists of three sessions. The consultant will first find out what your questions and wishes are. Together you will then look at your current career path and think about what you can expect from a Career Consultation. You will also decide which topics your consultation will concentrate on. These may vary from work-related to personal topics that influence your career. The next step will be to consider each of these items in detail. An action plan will be made and together you will decide how best to make use of the information you have collected, such as by setting up a Personal Development plan in preparation for your job appraisal, or by taking a training course. You will be given a results sheet containing all of the conclusions from the sessions. The next step is up to you. You are free to decide whether or not to follow up any of the conclusions from you Career Consultation.

### **How do you apply?**

You can apply directly to Euflex Employment Services for a Career Consultation. Ask for an application form from the Euflex Employment Services secretariat, telephone (040-247)8080.

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