## CAREER TALK SERVICES – WHERE TO NEXT AFTER SCHOOL OR TERTIARY STUDY?

Get help finding your initial career direction with Gabrielle Riley - a friendly and supportive Waikato-based career professional. I am a qualified and experienced career coach and secondary school teacher with over 20 years' experience working with students and young people in schools, universities and in industry training.

## What will you get out of career coaching?

Your career coaching session is focused on you and your needs. Using the SODA Model as a guide, we will likely cover some of these areas during the coaching.

- A better idea of who you are including what's important to you, your interests, strengths, skills & values
- The opportunity to complete the holistic CareerSmart self-evaluation online tool
- An understanding of how to get information about different career paths including the training required
- Increased confidence about your next career step
- Help with weighing up options
- Practical assistance with applications for jobs, or courses or scholarships



Image from Careers New Zealand website



**Parents and caregivers** - contact Gabrielle to arrange a free 30-minute phone call to discuss how Career Talk can assist your young person:

## **Gabrielle Riley, PMCDANZ**

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