



Propel Yourself Now

Elizabeth Debol

**Resume Writing and Career Coaching Services**

[www.PropelYourselfNow.com](http://www.PropelYourselfNow.com)

## Career Transition Coaching

### Consultation Call:

This is a one-hour call to learn more about you, understand your current career situation, and discuss your professional goals.

- I will ask you questions regarding **goal setting, self-exploration, career development**, and plans moving forward.
- We will quickly **review your resume** and discuss any missing information or gaps in your employment.
- I will teach you how to write powerful statements to showcase your **Accomplishments** on your resume.
- You will be given **two assessments and two worksheets** to take/fill out on your own time.

### Assessments:

- You will be given a **TypeFinder® for Career Planning Test**. It is a career personality test that uses Myers and Briggs' theory of 16 personality types, combined with the Holland Code system of career typing, to accurately measure the personality traits and interests that point to your ideal career path. You will see which jobs match your personality, strengths, and aptitude and the key factors of your ideal career. *This is done entirely online and takes about 15 minutes to complete.*
- You will be given a **CareerFitter Work Personality Assessment** to help you discover which careers fit your personality strengths at work. It will explain your ideal business environment, provide you with career matches, share your potential weaknesses, and so much more. *This is done entirely online and takes about 10 minutes to complete.*

### Worksheets:

- You will be given a **Career Change Exploration Worksheet** with questions and prompts to guide you through a self-assessment process, explore new career options, and create an actionable career change plan. *You will complete this fillable PDF on your own and email it to me when completed.*
- Based on your personality tests and worksheet answers, you will analyze job descriptions and opportunities to identify viable career options. You will receive a **Career Research Worksheet** to do this effectively. *You will complete this fillable PDF on your own and email it to me when completed.*

### **Coaching Call:**

We will have another one-hour call to talk about your assessments and worksheets, discuss how they will guide you to your next career opportunity, and how they will affect your resume. And I will answer any questions you may have at this time.

Before this call, I will need from you:

- Your completed ***TypeFinder® for Career Planning Test.***
- Your completed ***CareerFitter Work Personality Assessment.***
- Your completed ***Career Change Exploration Worksheet.***
- Your completed ***Career Research Worksheet.***
- Your list of ***Accomplishments*** to add to your new resume

### **Resume Rewrite:**

I will write a customized resume based on your new career path. It will be visually appealing and compatible with the applicant tracking system (ATS).

### **Cover Letter:**

I will also write a customized cover letter based on your job search strategy, giving you an advantage over other candidates in your field.

### **Coaching Call:**

We will have a quick 30-minute call to review your resume and cover letter, and to answer any questions you may have moving forward.

## **INVESTMENT: \$650**

This career transition coaching program will be wrapped up within 2 weeks.

Payment will be expected up front before the initial consultation call.

You can send your payment through PayPal to this email: [elizabeth@PropelYourselfNow.com](mailto:elizabeth@PropelYourselfNow.com)

Once I have your payment, I will email you within 24 hours with next steps.

## **Contact Me**

Email me directly or text **810-295-1639** if you have any questions.