



# Interested in career counselling or a more general coaching session?

To help you decide which option would be most useful to you, ask yourself these questions:

## CAREER COUNSELLING



- Are you feeling stuck, unsure about how to advance in your career?
- Would you like to think beyond current career options and explore what else is possible?
- Do you need help completing your Personal History Profile (PHP) and cover letter?
- Would you like to practice for a job interview?

## GENERAL COACHING



- Do you need advice on how to interact with your team, your managers or your supervisees?
- Would you like to feel more confident about providing performance feedback?
- Do you want to know how to handle difficult conversations more effectively?

If you answered “yes” to any of the questions, consider booking a session with a trained career counsellor/coach.



## How to register for your session:

Email [uncareercoaching@gmail.com](mailto:uncareercoaching@gmail.com) to schedule an appointment. Let the coach know if you would like to sign up for **career counseling** or **general coaching** session.

## How to get the most from your career counseling session



- If you want to improve your PHP, we strongly recommend that you **complete the online PHP course before your session.**
- If you would like to prepare for an upcoming interview, we recommend you first **complete the online competency-based interview course.**
- If you want help in creating your career development plan, or to discuss any other career related topics, we recommend you first complete “**knowing yourself**” in the **career workbook.**