



# TAKE CHARGE Of Your CAREER

## Are you stuck in a career rut?

Take charge of your career with our Career Coaching and Executive Coaching services. People Insights will guide you through every step of the job and career transition process. Our coaching sessions are designed to discuss your personal career goals and challenges and brainstorm for career strategies and solutions. The coaching conversation results in a solid action plan for making your career dreams happen

**We provide personalized and customized  
Coaching sessions that focus on  
A variety of topics**



## TOPICS

- Evaluation of your current career fit
- Putting lost passion back into your work/career
- Identify your true calling and passion
- Determining your career values, motivated skills, occupational interests, personal style, talents, passions and abilities
- Brainstorm solutions to career challenges
- Planning your career and setting goals
- Explore career change options and new career fields
- Job interviewing and salary negotiations
- Developing your network
- Job search strategies and tools
- Researching prospective employers
- Self-marketing & presentation skills (Personal branding)
- Leaving employment for self employment
- Making a living without a job



TURNING POTENTIAL INTO PERFORMANCE.

## LEAD CAREER COACH PROFILE



Christine Orono is a seasoned HR professional with over 17 years experience in a major international bank. She is an internationally accredited Job & Career Development/Transition Coach and NLP (Neuro-Linguistic Programming) Practitioner. She is a member of various career development forums such as the Career Planning and Adult Development Network(USA), an association of professionals who work with adults in career transition.

Having an unmatched blend of experience with people from diverse cultures, personality attributes and interpersonal skills it is very easy for Christine to deal with any range of people. She has recently undergone a major career transition herself and has found joy in a rewarding career that fits her unique passion and talents, and that's exactly what she intends to achieve for her clients. She enjoys working with individuals or small groups in coaching and mentoring capacities to assist them connect with their purpose, define career paths and identify strategies to develop their careers proactively. She strives to help people achieve an alignment between who they are, what they value and what they do for a living.

**For more information, or to schedule a Career Coaching Session**

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