

Reflections

Career Coaching



EMILY MAGUIRE

Talent Manager and Level 7 Career Consultant

I'm a level 7 **CDI registered** career development consultant who can help you find clarity and empowerment. I'm also the managing director of the international company **Reflections Talent Agency**.

I have worked **worldwide** with **high-profile clients**. Whether you are just starting out or are an experienced professional, I can help you take your career to the next level.

✓ Career Coaching

✓ Youth Coaching

✓ Job Search Skills

✓ Confidence Building

✓ Marketing Packages and Skills

✓ Resumes and Cover Letters

✓ Self-Employment Preparation

✓ Digital Training and Skills

NETWORKING

Networking is key to longevity in today's digital age, regardless of which career sector you choose to work in. Offline networking is complex in today's pandemic climate, but online networking presents many ways to generate work connections.

Networking is the creation, maintenance and use of the links and relationship building between individuals and organisations. Entrepreneurs use Networks to build bridges across weak ties to broaden their contacts and acquire and exchange knowledge. The more you give to networking, the more you gain.

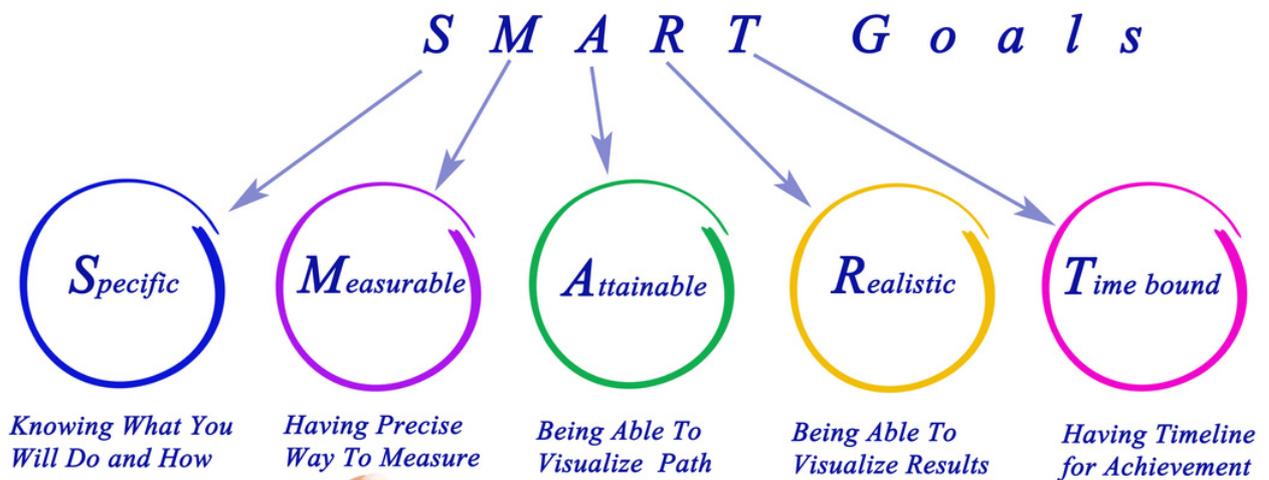
SUCCESS COACHING

MAXIMISE YOUR PERSONAL AND PROFESSIONAL POTENTIAL



Utilising my 20+ years of business experience and level 7 career guidance training. I will act as a mentor and provide wisdom and guidance while encouraging personal agency and empowerment.

To maintain continued success, an individual must not just work hard; they must also **work smarter**.



HOW DO I KNOW IF SUCCESS COACHING IS RIGHT FOR ME?

- You want to work one-to-one, so the focus is solely on you.
- You want help and guidance to establish, prioritise and set goals.
- You want to increase Your Focus and concentration with personal accountability strategies.
- You would like to develop effective time management skills.
- You would love to be able to maximise your work and training strategies.
- You want to create a weekly action plan and find a balance between work and personal commitments.
- You would love to have help in maximising your performance and overall wellbeing.

RULES TO SUCCESS

GOAL ACHIEVEMENT STRATEGIES

A PERSON WITH A TENACIOUS ATTITUDE KNOWS THAT WITH HARD WORK AND DETERMINATION, THEY CAN ACHIEVE ANYTHING!

ONLY SET GOALS THAT MOTIVATE YOU

Any goal you set needs to resonate with you. By forming meaningful goals, you create energy to fuel you to achieve them. You're unlikely to complete a plan if you're not fully invested.

Only set goals that are of a high priority to you and that you are committed to achieving. A sense of urgency will fuel that motivational energy to make that goal a reality.

Write down why the goals are important to you on a sticky note and place it somewhere you can see it. To remind you why this goal is so worthwhile.

BE SMART

SPECIFIC: Be precise and ensure they are clear and well defined.

MEASURABLE: Set yourself markers to know when a goal is achieved; otherwise, how will you know when it's time to celebrate? Setting up actionable steps fuels motivational energy to keep going to goal completion.

ATTAINABLE: Make sure it's possible to achieve your goals. Only set goals you can achieve. Be realistic but still set the bar high and challenge yourself.

RELEVANT: Any goal set needs to be relevant to the direction you want your career to take. This ensures you stage focus and keeps your eye on the endgame.

TIME SPECIFIC: Any goal needs to have a set deadline. Having a deadline fuels your sense of urgency to achieve the objective as quick as possible.



TESTIMONIALS



"Emily is easy to talk with and knows all the right questions to ask in order to get to the bottom of your problems! She helped me find a clear direction for a couple of projects I have and set goals in order for me to make progress. If I need any guidance or help in the future, I'll definitely contact her again! I highly recommend her as a life coach."

Tina Barnes, Actor & Writer

"I was so grateful for the really helpful coaching session I had with Emily. We talked about a range of issues, such as confidence and acting related concerns I had as a soon to be graduate. Emily was supportive and really helped me to understand how I could put in place positive strategies to achieve my goals. I'd definitely recommend her to anybody, and particularly actors."



Han Roze, Actor



"Emily helped me out tremendously. She's a superb listener, she totally understood my situation and gave me the support and clarity I needed. By looking at things in a different way I was able to get out of the loop I was in. Can definitely recommend!"

Oli Cohen, Film Director

"Emily has really helped me harness some motivation during a time where it feels like we are completely helpless. I've made some positive steps towards my goals which Emily helped me set after we identified what is most important to me. I would definitely recommend Emily to anyone needing some guidance, who is feeling a little stuck and in need of some help with setting goals and achieving them."



Gabbie Clark, Dancer

SERVICES AND RATES

CAREER CONSULTANT AND MENTOR



LEVEL 7 CAREER CONSULTANT

In today's changeable global labour markets, it is no longer a case of simply deciding what career to do; you also need the skills and knowledge to navigate the labour market climate you are in. The ability to plan, make confident decisions, explore and network, and constantly reinvent yourself enables you to capitalise on your relationships and support your transitions.

SERVICES & PACKAGES

CAREER COACHING: £80.00

- 60 minutes, 1-2-1 coaching session via Zoom or Phone.
- 30-Minute Taster Session Available.
- www.reflectionscareercoaching.co.uk/career-coaching
- *Get 10% off your first session using the promo code CAREER10 at the website checkout.*

CAREER COACHING MARKETING PACKAGE

Coming soon....

See the [website](#), for more details.

YOUTH CAREER COACHING: £50.00

- 60 minutes, 1-2-1 coaching session via Zoom or Phone.
- 30-Minute Taster Session Available.
- www.reflectionscareercoaching.co.uk/youth-coaching
- *Get 10% off your first session using the promo code YOUTH10 at the website checkout.*



OTHER SERVICES



- Action Planning
- Business Mentoring
- Career Coaching
- Confidence Coaching
- Curriculum Design
- Developing an Online Presence
- Employability Workshops
- Goal Setting
- Improve Decision-Making Skills
- Job Search Skills
- Labour Market Reports
- LinkedIn Profile Creation
- Marketing Skills
- Mock Interviews
- Resumes and Cover Letters
- Self Employment Preparation
- Strategic Networking
- Training and Educational Advice

EMPLOYABILITY WORKSHOPS

Prepare for the Future: Assess an individual's job readiness level. Prepare them for the future, helping them understand their transferable skills, how to find work and how to sustain themselves financially.

Confidence Building: Confidence Building, how to control nerves, and feelings of imposter syndrome, help to build self-esteem and an understanding of their individual strengths and how to utilise them.

Marketing: Teach individuals how to market themselves, develop their USP and the next steps they need to take.

More workshops can be found [here](#).

Emily Maguire

PGDip, MBPsS, RCDP

Engage, Inspire, Thrive

Reflections
Career Coaching



Contact Me

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SOCIAL MEDIA



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