

Career Counselling: Focus on Planning and Management

Career planning is a lifelong exercise. Get a fresh perspective on your career strategy, with support and resources from your Employee Assistance Program (EAP).

Your Career:

Take control, create a plan

Changing role and responsibilities?

Need a career plan?

Looking to enhance the contribution you make to your current organization?

There was a time that with minimal planning, your career happened quite naturally. Workplaces offered continuous employment and job security. Today's work environments come with inherent change and competition resulting in varying levels of uncertainty. Even the most confident individuals wonder, "Where do I fit?" and "What's my future?"

For individuals that want to take active control of their career, career planning becomes a lifelong process. Career decisions will differ according to your personal and professional criteria at each stage of life. With coaching and guidance, you can clarify goals and achieve balance between work, family and self.

Shepell·fji's Career Counselling helps people identify career direction and choices; assess their interests and skill sets; and develop and use strategies that enhance work satisfaction and performance. Career counsellors use a variety of career management tools, resources, approaches and support to help employees make more informed career decisions, and to help them better manage career transitions.

How it works.

The program is accessed through one easy call to our Care Access Centre. You are matched with a



counsellor who will develop a program customized to your needs that may help you address:

- Career Stress/Work-Life Issues
- Career Planning/Redirection
- Job Satisfaction/Performance

Our program helps you find solutions to career issues before they have an impact on your personal life or work performance. We'll work with you to help improve your current situation and plan for your future.

You and your career: Support when you need it

Get a fresh perspective on your career with support and resources from your Employee Assistance Program. Our program helps you understand your professional strengths to better manage your career path and cope with organizational change and new role expectations.

Connect with your EAP to get a refreshed perspective on your career planning and management strategies.

Call: 1.800.387.4765