

**Good Coaching** - holistic coaching helping people reach their goals by focusing on the whole person approach. This means helping individuals to consider not just their work goals but also their physical health, emotional wellbeing, family and social life



**Build confidence**

In your experience,  
their worth and  
their potential



**Think forward**

Create space to step  
back and think about  
goals, holistically



**Challenge gently**

Expose and  
work through  
“ageism” mindset



**Transferable skills**

Looking at skills  
from both work and  
personal lives for  
new roles



**Job search skills**

Boost confidence with  
how recruitment  
works today



**Take practical steps**

Write job-specific  
CVs and practice  
interviews linked to an  
end goal



**Peer support**

Full of empathy,  
encouragement and  
emotional support



**Communication**

Open two-way  
collaborative dialogue that  
fosters trust



**The right job**

Get a job they're  
happy with – good  
work looks different to  
everyone



**Upskill**

Match people's  
needs, experience,  
expectations and  
aspirations to the  
right training