



Thrive in a Career You Love

Bespoke Career Coaching from London's Best

HANS SCHUMANN COACHING

How fulfilled are you in your current job?

Taking charge of your career

We all deserve to thrive in careers we love. Ideally, this would be a career that feels like an inspiring and rewarding part of our life. Career coaching empowers you to take charge of your career both in terms of fulfilment and success.

What do you want from your career?

Many people resent their job and only treat it as a means to living. If you feel bored, burned out or frustrated, it's time to wake up. We work about 90,000 hours in our life. That's about 10 years, far too long to be stuck in a job you don't enjoy. Let's take a step back and look at your career strategically.



Are you in the right job?

In our coaching sessions, we will explore key question that are critical to answer if you want to find fulfilment in your career:

- What is important to you about your career?
- How can your career support your wider life goals?
- What does success mean to you?
- What job or career would be a great fit for you?

Progress in your chosen career

Once you have decided on your ideal next career move, we can create strategies for landing that job. We can also help you succeed in your chosen career by creating a clear career plan, improving your confidence and leadership skills, increasing your emotional intelligence and closing any skill gaps.

Example coaching topics if you want to change career



Create a vision for your career

It all starts with a vision. What is important to you about your career and life generally? We can look for actual evidence in your life that tells us what your core values are.



Establish your natural flow

What ways of working leverage your natural flow, when you are most effective and energised whilst spending the least amount of energy? That's where you find your superpowers.



Gain clarity about your strengths and development areas

Being crystal clear about your transferable skills, strengths and development areas will help you understand where and how you will add most value, and which skills to develop further. We can use psychometric testing to help you find answers.



Create your love list

We will explore which activities you love doing most. If your working days were full of those activities, this would be a great job.



Decide on your desired life outcomes

Your job should support your desired life outcomes. For this reason, we will explore what you want from your job in terms of working conditions, culture and environment.



Create a strategy for landing your dream job

Once you know the job you want to go for, the next step will be to find it. We can discuss strategies for positioning yourself for the job, including how recruiters and networking can help.



Update your CV and LinkedIn profile

We will help you draft your CV and LinkedIn profile. This may require some careful positioning if your current expertise is not an obvious match for the job you want.



Practise interviewing

If you like, we can role play job interviews. We will make sure that you can talk about your strengths with confidence and that you are ready to answer any questions that you are worried about.

Example coaching topics for progressing in your career



Create a career plan

The clearer you are about your career goals, the easier it will become to create the success you desire. Let's map this out together.



Perform a gap analysis

Once you have an idea for the next step on your career path, we can conduct a gap analysis between your experience and skills right now and what will be required for your next move. From there we can create a strategy for closing those gaps.



Improve your confidence

If you like, we can provide you with tools to improve your confidence and assertiveness. Some of them will address the way you think about yourself. Others will be actual steps to practise confidence.



Improve your resilience

You can learn how to be less affected by stress. Often this requires working on your mindset and managing negative self-talk.



Master conflicts and challenges

There will be conflicts and challenges in any career. We can talk them through together and you will learn new skills to manage difficult situations more effectively.



Raise your emotional intelligence

Emotional intelligence is one of the top skills required for both effective leadership and maintaining your emotional wellbeing. We use psychometric testing to provide you with a quantum leap in emotional intelligence.



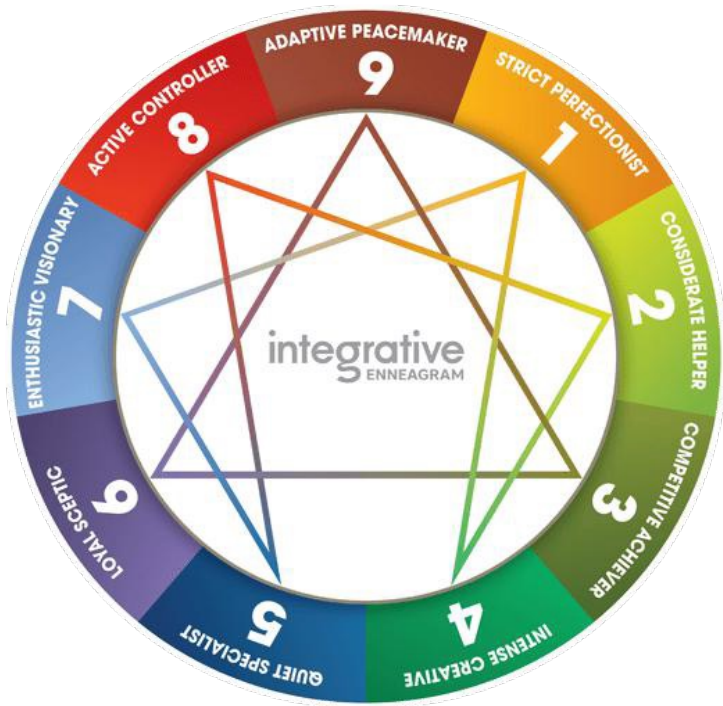
Define your professional brand

If you are interested in thinking bigger, we can also work on your professional brand. Decide what you want to be known for by colleagues and clients, and create a strategy for consistently communicating your chosen brand.



Maintain a healthy life balance

Even if you love your job, we recommend that you look after your wellbeing and create a healthy balance between all areas in your life. Let's create a plan for maintaining the most important asset in your life: YOU!



INTEGRATIVE ENNEAGRAM
ACCREDITED PRACTITIONER

Crack the Code of Who You Are

To improve self-awareness and emotional intelligence, I offer psychometric testing and consulting with the Enneagram. You will receive a 22-page report that provides powerful insights into the drivers for your motivation, strengths and blind spots.

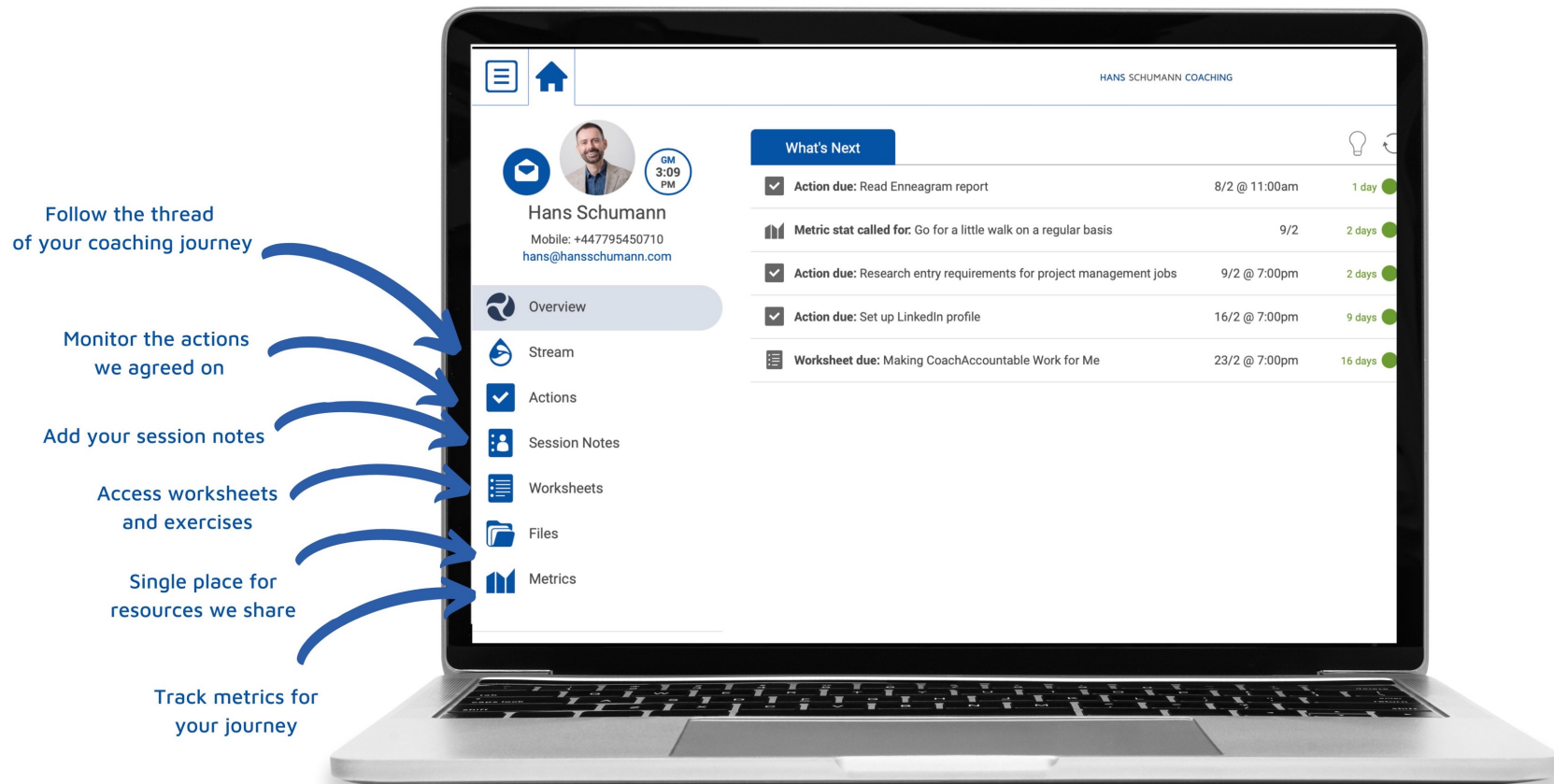
Benefits:

- Learn about your strengths and how to leverage them
- Explore how to manage your blind spots
- Increase your emotional intelligence
- Appreciate the values of diversity
- Improve your communication skills
- Increase your resilience
- Embrace the strength of your unique leadership personality



Free access to my coaching platform

To support our coaching journey, access to my online coaching platform is included in all my coaching packages. It provides as single place for all resources that I will share with you and track your goals, homework and new habits.





Conditions for success

Working with a career coach can be a fantastic investment in your personal and professional growth. To make the coaching process successful, the following needs to be present:

Showing up powerfully

We will need your commitment to see your coach regularly, ideally no less than fortnightly. There will be agreed actions for you to complete between sessions and your success will depend on the degree to which you engage with those actions.

Mutual honesty

We ask for your honest feedback about what is working for you or not in our sessions. Equally, we will offer honest feedback, constructive challenges and new perspectives.

Growth mindset

To create new outcomes in your career and life, you will probably need to change some of your ways of thinking and behaving. If we experience resistance to change, we can explore this in our sessions.

Confidentiality

Coaching conversations remain 100% confidential. This means that we won't share the content of our conversations with any third parties, even if they paid for the coaching.



About me

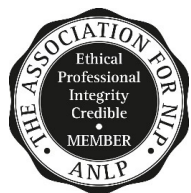
I am an ex-lawyer providing Executive and Life Coaching for London's Square Mile. Most of my clients are professionals at a point where they are ready to up their game and create deeper fulfilment and greater success both in career and life. I support them with their career planning, leadership skills and personal effectiveness.

I am also the author of the career coaching book, *Falling in Love With Your Job*.

Having worked six years at law firm Ashurst and nine years at Santander, I understand the challenges and opportunities in high performance environments.

Over the past nine years, I have been working with a diverse portfolio of clients, from solo entrepreneurs to executives. My clients value the clarity and structure I bring to their challenges, combined with empathy and my own experience from working in the corporate world.

More about me on www.hansschumann.com.



My coaching credentials

- Accredited by the International Coach Federation at the advanced PCC level
- Diploma in Personal Transformation Coaching
- 9 years of coaching experience with 2,000+ hours of coaching
- NLP Practitioner
- Certified Practitioner of the Marshall Goldsmith Leadership Assessment
- Enneagram Practitioner certified by IEQ9 and CP Enneagram
- Five-star Google review rating
- Over 20 years of experience working in the City of London
- Background in law and financial services
- £4mill professional indemnity insurance



What my clients say about me

Here are just a few of many five star reviews I received from executive coaching clients:

"I worked with Hans as I wanted someone who could bring objectivity and insight to help me be a better leader. Hans brought objectivity, professionalism, insight and care to our work together. Unlike others in his field, he was able to practically combine knowledge, insight, experience and a deep understanding of both the nature and personal challenges of leaders. Hans brought empathy and the willingness to challenge and ask the tough questions that leaders need to ask themselves."

– John Harte, Managing Partner, Integrity Governance ★★★★★

"Hans has helped me focus on those parts of my career and workstreams that directly affect the future I would like to envisage. He has worked with me to review my values, streamlining my workload to those areas that will truly achieve my goals. I now have an idea of what I would like to achieve and Hans has given me a step by step blueprint to help achieve those goals."

– Anand Patel – General Practitioner ★★★★★

"Hans helped me to simplify my mind, allow me to focus on my strengths and gain some proper clarity of thought. I emerged with direction and a renewed vigour to get my career to the next level. On top of that, the sessions were enjoyable, never stressful and something to look forward to."

– Vice President, Investment Banking ★★★★★

"My coaching sessions with Hans have been very valuable at a time when I was exploring different options and needed to make sense of the things that were important to me in any future career. We have also used the time to explore challenges within my current role to make me more effective and bring a sense of clarity to perceived barriers. Hans' coaching style is excellent and I always leave with clear actions and renewed enthusiasm."

– Head of Remediation, UK Retail Banking ★★★★★

Read more reviews at: www.hansschumann.com/testimonials



An investment in your professional growth

Standard

£2,100

Includes:

- 10 one-hour coaching sessions
- Psychometric testing
- 4 months access to my coaching platform

Silver

£3,600

Includes:

- 20 one-hour coaching sessions
- Psychometric testing
- Email support between sessions
- 6 months access to my coaching platform

Gold

£4,600

Includes:

- 30 one-hour coaching sessions
- Psychometric testing
- Email and telephone support between sessions
- 12 months access to my coaching platform



HANS SCHUMANN COACHING

Time to take charge of your career!

www.hansschumann.com
+44 (0) 7795450710