



# Individual coaching for line managers, highly qualified staff, and professionals, aged 40+

## Experiences from the perspective of the coachees

*«I am happy to inform you that yesterday I was able to sign my employment contract with. I will start by ... as CFO and member of the management team. Thank you very much for your support over the last weeks. The exchange with you helped me a lot.»*

*«You already gave me some valuable hints and food for thought during the first coaching.»*

*«It is extremely motivating for me to be supported. It would be wonderful if these efforts would take effect.»*

*«For our next meeting; the sooner the better, as I feel our meetings really useful.»*



## Gaining clarity – Setting goals – Implementing results autonomously – Applying with success

### Coaching goals

Our individual one-to-one coaching builds up on RAV consultations; the aim is to get you back into the job market quickly and for the long term.

You will enhance your job application and decision-making skills by evaluating your current situation, search areas, search strategies, your application documents, and how you present yourself.

### The benefits

- Clarity and guidance regarding your individual situation and professional prospects through discussion and reflection
- Clearly defined statements about your skills, experience, and achievements
- Several precisely worded versions of your application that meet market needs, in keeping with your individual goals
- More job interviews thanks to targeted applications
- Experience in presenting yourself in a state of flow
- Pursuit of your goals and visions with self-confidence and motivation
- The frequency of coaching sessions can be tailored to your current application situation

### Your coach

... acts as a facilitator. For a professional and productive collaboration, your coach has in-depth knowledge of the industry, years of experience working with job seekers in the job market, solid business networks, and personal experience in overcoming crisis situations.



### Experiences from the perspective of the coach

*«The coaching was a significant enrichment for the job seeker. Where the job seeker needed specific help, they were given targeted support. Topics that weren't relevant were not addressed. In this manner, my coachee was able to quickly enter into the implementation phase.»*

*«Clarity and new motivation were attained through targeted coaching. On the basis of questioning techniques, the coachee was able to identify relevant issues and approach the task in a targeted way. The success speaks for itself: After only a few weeks, she found a suitable position.»*

*«Thanks to the coaching, Mr W. was able to articulate his skills in detail; he achieved clear focus and was able to better deal with the challenges he currently faces.»*

[www.arbeitsmarkt.zh.ch](http://www.arbeitsmarkt.zh.ch)

### Process and time required

Following an initial personal evaluation of your current situation, we offer up to six individual one-hour coaching sessions inclusive preparation over a period of up to 12 weeks.

We acknowledge you as the expert of your career path. We see it as our responsibility to guide the process, using solution-oriented coaching methods and questioning techniques; we also provide subject-specific input to strengthen your application skills so that you are successful in your job search.

You are willing to engage in reflection, be proactive, and work independently, and you understand the importance of putting your acquired skills into practice in order to succeed.

### Target audience and registration

Line managers, highly qualified staff, and professionals, aged 40+ (B2 German or English skills are essential)

You can register for one-to-one coaching through your RAV consultant.

Previous outplacements and/or completion of a strategy course would be an advantage.

### How to find us

Our coaching sessions take place in an environment based on trust at our rooms in Zurich-Altstetten.

Amt für Arbeit  
Abteilung AMM  
Coaching & Arbeitsintegration  
Badenerstrasse 567  
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The Flüelahof building is on Badenerstrasse, between the tram stops Freihofstrasse and Kappeli (tram line 2) in Zurich-Altstetten. When coming from Badenerstrasse, turn into Flüelastrasse. The entrance to the building is on the right.