

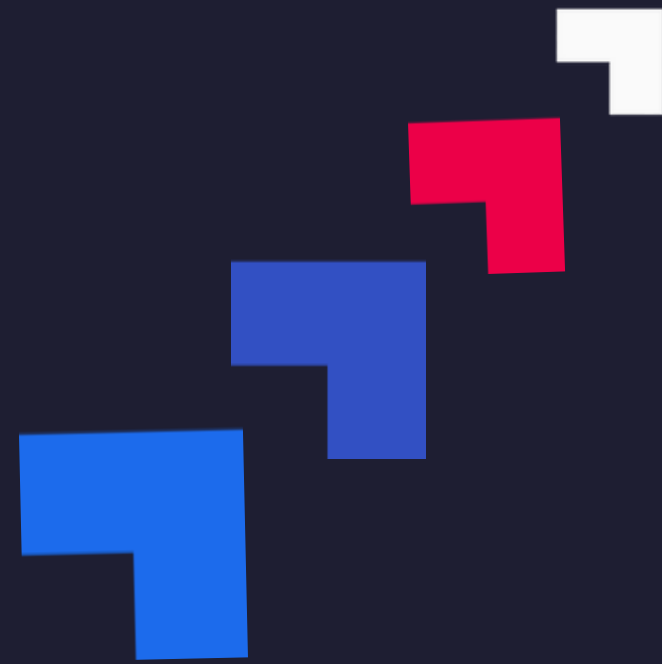


Empowering people
and companies to
move forward

www.ilc.one

CAREER

RESET



THE CAREER TRANSITION GAP



CAREER TRANSITION IS OFTEN SEEN AS A STEP FORWARD.
BUT FOR MANY, IT STARTS WITH LOSS.



For those in transition, it can feel like your identity has been unhooked. You're not just walking away from a job; you're leaving behind structure, rhythm, meaning, and a sense of who you were. And somehow, you're expected to bounce back overnight.



For organizations, layoffs and restructuring may be part of the strategy, but they come with invisible costs. Trust thins. Morale slips. And leaders are left carrying the weight of keeping everything and everyone moving forward with less.



OUR SOLUTION **CAREER RESET**

IT IS MORE THAN A PROGRAM. IT'S A TURNING POINT.

Designed for individuals facing career change and employers navigating downsizing. Career Reset offers a structured, compassionate path forward with coaching, therapeutic insight, career planning, and ongoing support.

**RESET ISN'T ABOUT GOING
BACK.**

**IT'S ABOUT MOVING AHEAD
WITH PURPOSE.**

BENEFITS FOR INDIVIDUALS



Laid off and unsure what's next?

Burnt out from chasing goals that no longer feel like yours?

Ready to pivot but unsure how to tell your story or where to begin?

WE HELP YOU RESET WITH CLARITY, CONFIDENCE, AND PROFESSIONAL SUPPORT.



- ✓ **Reconnect** with your professional identity
- ✓ **Feel seen**, supported, and prepared
- ✓ **Refresh** your professional image and align with your next chapter
- ✓ **Navigate** uncertainty with confidence

BENEFITS FOR EMPLOYERS



When roles are being made redundant, the ripple effects go far beyond logistics. **Career Reset** helps you offer compassionate, structured support for transitioning staff, equip leaders to handle layoffs with clarity and care, and protect your employer brand with integrity-driven action.

THIS ISN'T JUST AN EXIT STRATEGY. IT'S A LEADERSHIP MOMENT.



- ✓ **Strengthen** your employer brand
- ✓ **Reduce** legal and reputational risk
- ✓ **Show** departing staff they still matter
- ✓ **Maintain trust** with those who stay
- ✓ **Support leaders** in layoffs

WHY NOW

Structured career support cuts job search time in half.

Participants in professional coaching and outplacement programs land new roles **1.7x faster** than the average job seeker.

Randstad RiseSmart, 2023

Early support boosts resilience and emotional recovery

People who receive psychological and career guidance early in their transition report faster **emotional recovery, increased confidence** and a stronger **sense of purpose**.

American Psychological Association (APA)

Layoffs impact more than those who leave.

Productivity of remaining staff drops by up to **20%**, and morale can fall by **41%** after layoffs, unless handled with care and transparency.

Harvard Business Review, 2022

Your employer brand is at stake.

Nearly **4 in 5 companies** say outplacement support is critical to protecting reputation during downsizing. Those that offer it report **30% higher loyalty** among remaining employees.

Talent Board Research, 2022; CareerArc Employer Branding Report, 2023



KICKSTART

1 month

338€

MOMENTUM

3 month

882€

294 monthly

ELEVATE

6 month

1104€

184 monthly

THRIVE

6 month

1608€

268 monthly

FOR EMPLOYERS

**FIXED AND
TAILORED
OPTIONS**

Intake Session



Personality Assessment



Interview Preparation



Coaching Sessions

1 session

4 sessions

10 sessions

6 sessions

Career Consultation



Saboteurs Discovery



Therapist Consultation



CV & LinkedIn makeover



PQ® Programme

optional add-on



Pre-recorded Workshops

3 videos

5 videos

5 videos

We offer a transparent model with fixed prices per person or the flexibility to adapt to diverse organizational needs.

Our tailored plans are designed for organizations with unique needs.

Choose a fully customizable package built to support your people through transitions, restructures, or large-scale change.

OUR EXPERTS



KATERINA GEORGIEVA, PCC

Katya specializes in navigating uncertainty and transformation. With a background in leadership, HR, and Positive Intelligence®, she empowers clients to turn doubt into direction. Her coaching supports those in high-stakes moments helping them clarify goals, calm inner critics, and take purposeful steps forward.

Expertise: [Change & Transition, Leadership, and Mental Fitness Coaching](#)



GALIA HOUBANOVA, PCC

Galia brings a powerful mix of psychological depth and business clarity to her coaching. With expertise in assessments and holistic development, she supports individuals and teams in aligning identity with performance. Her strength lies in bridging data and intuition helping clients see themselves clearly and grow with intention.

Expertise: [Holistic coaching, Leadership & Development Assessments, HR Strategy](#)



VALENTINA DOLMOVA, PHD

Valentina is the founder of ILC International and a coach trusted by top performers across industries. With deep roots in psychology and business, she supports high-achievers, executives, and entrepreneurs through demanding transitions. Her coaching blends strategic clarity with personal insight, helping clients perform, evolve, and sustain success. She is also the creator of all Career Reset pre-recorded workshops.

Expertise: [High-Performer Psychology, Executive Resilience, Leadership Coaching](#)

NEXT STEPS: **WHERE TO BEGIN**



1. BOOK A FREE CONSULTATION

Choose a time that works for you or email us



2. CO-CREATE A PLAN THAT TRULY WORKS

Together, we'll assess needs, map goals, and select the right mix of components to fit your exact needs.



3. LAUNCH WITH PURPOSE

Start your Career Reset program with structured sessions, ongoing check-ins, and adaptation that serves you best.



CAREER
RESET

FIND A SLOT AND TALK TO US!

We'd be more than happy to answer any questions you may have. No strings attached.

Do you want to email us first?
Go ahead at **connect@ilc.one**

FAQ 

FAQ 1



HOW IS THIS DIFFERENT FROM A STANDARD OUTPLACEMENT SERVICE?

Most outplacement services focus on quick fixes, helping you “land” a job. We go deeper. Career Reset supports the whole person, not just the job search. We help you rebuild confidence, redefine your professional story, and step into your next chapter with real clarity and direction.

I’VE JUST LOST MY JOB. HOW EXACTLY CAN CAREER RESET HELP ME?

We know that losing a role can shake your identity, confidence, and direction. Career Reset gives you structure and support when things feel uncertain. You’ll get personal coaching, mindset tools, and help with your positioning so you can move forward with clarity, not just a polished CV.

WE’RE RESTRUCTURING. CAN YOU CREATE SOMETHING SPECIFIC FOR OUR COMPANY?

Absolutely. Our Tailored Plan is built for companies going through change. We’ll co-create a package that fits your needs, whether it’s 3 people or 300, with fixed prices per person and flexible options for volume, timing, and services. No off-the-shelf solutions here.

FAQ 2



I HAVEN'T BEEN LAID OFF, BUT I FEEL STUCK. CAN I STILL JOIN CAREER RESET?

Yes. Career Reset isn't just for layoffs. It's for anyone at a professional crossroads. If you're questioning your next move, feeling disconnected from your work, or want to realign your career with your values, this program can help you reset with intention.

IS THIS CONFIDENTIAL? I'M NOT READY TO SHARE WHAT I'M GOING THROUGH.

100%. Everything you share stays between you and your coach or therapist. We know transitions can feel vulnerable, and your privacy is always protected.

WHAT DOES SUCCESS LOOK LIKE IN THIS CAREER RESET PROGRAMME?

For individuals: renewed clarity, regained confidence, and meaningful next steps - whether that's a new job, a career shift, or simply peace of mind.

For organizations: smoother transitions, stronger leadership, protected reputation, and people who feel seen and supported - even in hard moments.