



CMS | Jump Start
8 Week Career Coaching Package

Fast track your next chapter with guided support



Who are Career Management Services?

Career Management Services (CMS) are specialists in supporting you with career coaching services. Passionate about helping individuals to achieve their career goals, we draw on extensive recruitment expertise and industry insights, utilising reversed engineered tactics and strategies to make it easy for you to feel supported throughout your career.

How can CMS Jump Start help you?

CMS Jump Start is an eight week program designed to support your job seeking process.

Utilising a strengths based one-on-one coaching approach to optimise what you love and what you're good at, our career consultants will help you optimise your career. Using their industry expertise, they can provide you with an opportunity to explore your options and provide the necessary guidance.

Our consultants will provide scaffolding and steps to follow, encouragement, help you develop your job seeking skills and improve your confidence to support your career direction. Career coaching is a great way to upskill, feel empowered and optimise an Employability Edge™, ensuring you'll stand out from the crowd.

"I don't know what else I could do or what roles are available"

A career coach can help you understand what you **can** do, and toolkit to make job seeking easy.

"I'm not sure what to do next"

Feel empowered with insights into your unique strengths, and confident in your abilities and career decisions.

"I wouldn't know where to start"

Be professionally supported with a coach to develop essential career skills and explore options. CMS can help you whether you need a professionally written resume or help with interviews.

Your CMS Jump Start Career Coaching Package includes:

- Career assessment and guidance
- Professional resume
- Interview coaching session
- Psych profiling (optional)
- Professionally written cover letter
- Telephone interview screening
- Career coaching session
- Online profile
- Job seeking strategies

Speak to your case manager or give the team at Career Management Services a call to see how we can support you.



**Career
Management
Services**

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