

Dr Maria Evans: Coaching, mentoring and career support

Are you looking for help to navigate these most challenging of times? Maybe you're an arts leader, hit hard by Covid-19; maybe you lead other sectors, and need to think creatively about how to face the demands placed on you and your organisation. Maybe your confidence has been knocked by redundancy, or its threat. Maybe you're at a cross-roads moment, craving clarity to inform future decision making. Or maybe you're hoping to secure that first job in your chosen career, wondering how you can make yourself stand out in a deeply competitive world.

If any of these, or variations of them, apply to you, I can help you through my blended approach of coaching, mentoring and professional support. Due to my highly valued coaching and mentoring skills, alongside my knowledge and experience as a leader, entrepreneur, employee and freelancer, I can offer a sympathetic understanding of an extensive range of circumstances and provide advice and insights based on relevant experience.

Support will be tailored to meet your particular needs. The following are provided as indicative examples:

Initial diagnostic session – 25 minutes – offered for free

This first session is an opportunity for you to talk about your current circumstances and the type of support you might like. The outcome will be decisiveness about what you're hoping to achieve and, should you choose to proceed, agreement on what package of support will best meet your needs.

Traditional coaching and mentoring support – typically 40-60 minutes per session

These sessions will provide you with the time and head space to think carefully about your goals, any barriers to achieving them, and strategies for overcoming them. Whether the focus is securing a new role, clarity around personal or organisational leadership, or overcoming personal obstacles such as imposter syndrome or procrastination, I will steer you through an examination of all the issues relevant to your particular circumstances. Each session will result in a clear action plan to help you achieve your goals.

Career reviews – typically between one and two hours

You will have the opportunity to reflect on your career to date, and aspirations for the future. This could involve exploration of employment, retraining, or setting yourself up as a freelancer or establishing your own business. The outcome will be an action plan for skills development, networking, your job-hunting campaign and/or next steps for your own business.

CV writing – typically two hours

Following a discussion about your career to date and your aspirations for the future I will support you in the creation or amending of your CV. The outcome will be a professionally presented CV to help you achieve future success in your job hunting.

Interview skills – typically two hours

I will work with you to anticipate likely questions and provide opportunities for you to rehearse your answers including, should you choose, the opportunity for a mock interview and feedback. The outcome will be greater preparedness and confidence around future interviews.

Self-promotion – typically between one and two hours

This will cover developing self-confidence as well as ideas on how to 'market' yourself. The outcome will be greater awareness of confidence levels, strategies for overcoming areas of weakness or negativity, and advice on how best to promote yourself in person and in writing.

Support is provided face-to-face (for those who can travel to Oxford; but currently suspended during Covid-19) or via phone, Skype or Zoom (depending on your preference). Some support is provided via email.

Fees

Fees vary depending on type and length of support; I can discuss options following your initial enquiry. Discounts are offered if you book and pay for three sessions or more.

Next steps

If you have any questions, or would like to arrange a free diagnostic session, please contact me using the form on my website: <http://mariaevans.com/contactus.php>