



Personal Careers Guidance Meeting

Hello, I'm Sarah Gardiner an independent registered career development professional.

I'm looking forward to meeting you and working with you in your career guidance meeting. This meeting is your chance to think about where you are now, what the future might look like and what happens in-between.

How to prepare for your meeting?



Consider the choices you are facing

What decisions lie ahead?
How do you feel about them? What support do you need?



Do some research about your options

Unifrog offers a useful starting point



Think about what you want to get out of our meeting

This meeting is for you so be ready to tell me what will make it most useful

What happens in your meeting?

To start with...once you are comfortable and we have agreed how we will work together, I'll ask you about your ideas for the future, how things are going and what you have done so far. This might include asking about your studies, experiences of work so far, what you enjoy doing in your own time and your skills.

In the middle...we can focus on an area that will help you move forward. You will decide what will help you most and where we start.

At the end...we will summarise our conversation and reflect on what your biggest takeaways are. I'll help you think about some actions steps you can take and what support you might need and who can give you this.

Looking forward to meeting with you!

Sarah