



# Naked on the career ladder

## Not satisfied with your job? Expose yourself to HRM Coaching

It may sound uncomfortable, even slightly immoral and not something that you would do every day. Even so, to get into a job that you enjoy, you need to strip back some layers – the layers of other people's expectations – and get down to the basics of what makes you tick. No hiding-place, no blame and no excuses.

It has been said that, when you do the work that you enjoy, it is like being paid for having fun. Even if you deliberately chose your current job, it is quite possible that it has changed out of all recognition since then. You too will have changed your goals, interests and opinions as you matured.

So where are you now? And what can you do about it? If you could do absolutely anything to earn your living, what would it be? These are the types of question that your career coach will ask you, quite early on in your relationship.

Hannah McNamara of HRM Coaching

Ltd says: "Career coaching can be done face to face or by telephone. Some clients come to us a result of redundancy and then realise that this apparent bad news was the best thing that ever happened to them.

"We have clients who are ready to escape the familiar rat race of office politics to do their own thing and develop their leisure interests and passions into their own business. Even a jet set lifestyle that is the envy of many can begin to pall after the umpteenth long haul flight, the hundredth identical hotel room and the repeated promises to your significant other as you attempt to sustain a relationship."

It is because of this very diversity of career situations that HRM was established with a network of trained and qualified professional coaches, each personally selected after rigorous screening, to ensure a perfect match between each client and his or her coach.

HRM Coaching offers you a free introductory discussion by phone, where your questions can be answered and your career needs assessed. Then you will be offered a shortlist of coaches ready and willing to move you forward just as soon as you are ready.

Barrington Daniels, a coach for over 20 years, adds: "It's not our job to tell you what to do. But by simple questioning we can ascertain your true goals, ambitions, interests and motivations. You work with your coach to define actions that will move you ever closer to the perfect occupation. We are here to help you open up some amazing possibilities and to convert them into your own reality."

The first step is yours, the time is now and, yes, you can keep your clothes on!

**HRM Coaching Ltd**

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