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What were your concerns about the program before you joined or what were your hesitations? *Most people have reasons that initially hold them back, I would love to know yours.*

My hesitation before deciding to join the program was whether I would actually get what I wanted out of it and that it would help me. I was unsure that at the end of it all I would have something tangible and of benefit to me and that I wouldn't have wasted my hard earned dollars and be disappointed with the outcome.

What made you join the program and chose Caroline?

I had done quite a lot of research and spoken to few different career coaches and companies and was still not feeling any of them were the right choice. When I spoke to Caroline she seemed genuinely interested in helping me and not just signing up another person. She ran through the outline of the course and explained what to expect by the end. The group program was affordable and I had a good feeling about Caroline so I decided to join.

What happened that made you realise you needed help? What triggered you?

I was stuck in a role and company that was not a good fit for me and decided I needed to move on as quickly as possible. I didn't know how best to market my skills and experience after nearly two decades of work and me taking opportunities as they arose but without actual job searching. The trigger was a lack of confidence, fear of stagnating and uncertainty about how to approach the job search for the level of role that I wanted.

Describe in your own words your situation before the program?

Before the program I was very unhappy in my job and the company I was working for. I felt that my career had not gone in the direction I envisioned and I needed a plan to make a significant change. However, I knew that I would not be able to do that on my own as I had lost confidence as a result of a toxic and negative work environment over a 2 year period. As I wanted to move to a senior manager level position I decided to look for a career coach.

How have things changed or improved since we've been working together?

It has been an amazing journey and I now feel confident in my abilities, strengths and experience. I now know what value I can bring to an organisation and also feel empowered to ensure the next role is a good fit for me and my skill set. I'm now applying for jobs, have made it to a second interview stage and even passed up a role as it wasn't going to be a good fit for me. I'm confident that I will find a new opportunity that suits my skills and strengths in the near future and I also know that Caroline is still there to support with any questions I may have through this process.

Can you describe your biggest aha moment?

I think my biggest aha moment was putting together my career statement and the one on one session I had with Caroline for this part. Going through the process and getting to a point where I could understand my

contribution and value and refine that to 8 lines helped bring everything together and the next part of the process just made sense and flowed from there.

How does this compare to all the free online advice?

There is no way that free online advice would have got me to this point where I know what I want, can now authentically market myself and am confident in what I can bring to an organisation. There is not the depth of learning and understanding that is possible compared to a coaching and group learning environment.

What would you tell someone who's hesitant to work with Caroline?

Just do it - she is knowledgeable, experienced, provides valuable feedback and will get you ready to take the next step in your career journey.