

Who we are

CareerCraft is a high innovation career coaching consultancy that offers tailored solutions to meet a diverse range of career challenges.

Through our assessments, workshops and coaching, clients can better align who they are with the work that they do and thus find more meaning and purpose in their lives.

Meet Gillian



I am an Industrial Psychologist, Career Coach and Facilitator.

I have seen how different life can be when you are energised and fulfilled by the work that you do! I believe that everyone, no matter what age you are, is deserving of a career that makes them happy. And it's never too late to start listening to your inner wisdom so that you can craft a life that is better aligned with who you are.

I am fascinated with how people discover the work that is right for them and thus fill my spare time with workshops, audio books and reading.

I find joy in applying my experience and knowledge of Psychometric assessments and career processes to assist people make more informed decisions, as well as attain more purpose and satisfaction in their careers.

Testimonials

"I found Gillian's help to be invaluable. She is insightful, engaging and friendly. She makes the effort to accommodate her clients and goes the extra mile to provide the kind of assistance you are looking for. I definitely recommend her!" Kuba



C O N T A C T U S

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Testimonials

"I found Gillian's service to be professional, thorough and insightful. The fact that she had had similar career "crossroad" experience made me feel comfortable that she understood my situation and genuinely wanted to assist. I would recommend her services to all who seek to better understand and address their past, present and future career (and life) goals." Laura



Authentically you
aligning who you are with what you do

What is career coaching?

Coaching is a partnership, where questions and exercises are used to help you gain more insight into your needs, uncover your potential and know how to draw on your own resources. The coach honours you as the expert in your life and career and supports you in building the skills to manage your career.

Sometimes when you are unhappy, dissatisfied or uncertain it is hard to imagine possibilities. What coaching does is ask the right questions so that you have more clarity. With more clarity it is easier to see opportunities and evaluate options.

How can Career Coaching help me?

- Greater self-insight and awareness
- Know your strengths, interests and passions
- Manage blocks, barriers or fear of failure
- Find clarity in your choices
- Feel excited and motivated by your work
- Build a work-life balance
- Develop a personal brand
- Build a robust CV and LinkedIn profile
- Manage your job search more effectively
- Handle work related challenges
- Build leadership skills
- ETC.

In better aligning who you are with the work that you do, there is a sense of satisfaction, meaning and joy that can't be found elsewhere. You feel energised and excited to get to work, it feels like you use less energy but are more creative and productive. Work doesn't feel like work, but rather an expression of who you are. *You have clarity and joy in how you serve.*

Things People Living Their Purpose Do Differently

- Feel more competent and self confident
- Feel more enthusiastic and optimistic, often in a better mood
- Find they are more creative or innovative
- Find they are better problem solvers and more effective at work
- They feel more confident to trust in their instincts
- They are often healthier (less sick) and sleep better
- They have a better memory

You could benefit from Career Coaching if you answer **YES** to any of the following:

- Do you feel stuck, frustrated and disengaged at work?
- Do you feel a sense of dread, lethargy or panic on Sunday night?
- Do you sometimes wish you would get sick just so that I could get a day off work?
- Do you look around and it seems everyone else is happier at work?
- Do you know you need to make a change, but you are not sure how?
- Do you feel triggered by people or situations at work?
- Do you think your productivity is dropping but you don't seem to mind?
- Do you find yourself saying I need to stick it out, so that you can pay my bills?
- Are you stressed, sick or moody all the time?
- If you could wave a wand, would you do something completely different?
- Do you feel like "is this it?", are you lacking a deep sense of purpose?

"People are capable, at any time in their lives of doing what they dream of."
Paulo Coelho

How does it work?

Each person's career challenge is unique, so there isn't a one size fits all process. All processes start with an initial career coaching session, where your career needs can be understood and options can be discussed.

Career Clarity Coaching

These sessions are designed to support you in more deeply attuning to you. To navigate your experiences and make sense of your journey so we can plot a path forward that feels aligned and nourishing.

- Session one - Exploration
- Session two - Consolidation
- Session three - Action

Additional sessions can support you in any barriers, blocks or challenges you may face in your journey (e.g. Fear of Failure)

Workshops

If individual coaching isn't feasible or practical, you can attend a career workshop. The process is both self-reflective and interactive.

The workshop is a facilitated process whereby you can consolidate your thinking, understand what works and what doesn't and begin to have an idea of your own unique career needs.

In this way you can build a vision for your career and identify steps you can take to move closer to finding more meaning and fulfilment in your work.