

Where to get career help

Once you know you want to make a change in your career there are many options for help both free and paid.

Free services

Friends and family

Pros

- They know you well
- Its free

Cons

- Can they be objective
- Do they have the knowledge to help you?

Free government support

Pros

- [Next Step](#), [Job Seekers](#) and [Connexions](#) are free
- [Job Centre Plus](#) can help if you are out of work and receiving benefits
- [Learn Direct](#) has a lot of free advice on their website and you can phone in for advice

Cons

- Next Steps and Connexions is only free if you are under 19 or have less than 5GCSEs

University career service

Pros

- Free for current students and recent graduates
- A good source of reference material and information staff to help you

Cons

- May not be able to offer you sufficient time for your particular needs

Recruitment agencies

Pros

- Generally a free CV review
- Good if you know what it is that you want to do

Cons

- They make their money from placing people in jobs and thus may not be objective in their advice.
- They do not have the time to offer you guidance and advice.

Paid services

Outplacement Consultants

Outplacement consultants predominately offer services to organisations and work with people who are being made redundant. The service covers some exploration but more emphasis is placed on getting people into a new job. The costs can be very high, particularly if paid by an individual.

Executive career coaching

Executive coaches usually operate from city centre offices and focus on senior level executives who want to progress their career. The costs can be high generally around £200 per hour or £2000 plus for a programme.

CV writing services

There are many CV writing services available via the Internet who will help you to create a CV, but remember your CV needs to be tailored to each job you apply for. The service can vary from a very high quality bespoke service (£500 or so) to a service provided by typing companies and coming in below £100. They will sometimes add on career coaching but check out their qualifications and experience in this area.

Chartered Psychologists

Chartered Psychologists choose specialist areas including career development and counselling. They will often use psychometric testing alongside coaching. As professionals with 7 years of study and on the job learning, their fees are in line with other professionals.

Career Guidance Counsellors

Career Guidance Counsellors often work for schools, colleges and for services such as Connexions as personal advisors. They either have a post graduate qualification in career guidance or a NVQ Level 4 in guidance. They will often use a range of assessments to support their work.

Life coaches

Life coaches offer either generic coaching or will specialise in one area such as careers coaching. They generally work from the premise that the answers lie within you and so do not give advice. Whilst this can be fine if you do know what you want to do it can be frustrating when you actually would like some guidance and advice.

Job Search Strategists

Job Search Strategists will support you in your transition to get the job you want, using strategic planning, creating effective CVs helping you to network and find the "unadvertised market", interview practice and salary negotiation.

If you would benefit from discussing this please [contact Denise](#).

Brought to you by Denise Taylor, award winning careers coach and job search strategist. Visit us on the web at: www.amazingpeople.co.uk

The logo for 'Amazing People' features the word 'Amazing' in a purple, cursive font with a small star above the 'i'. Below it, the word 'People' is written in a black, serif font. A stylized figure of a person with arms raised is integrated into the 'i' of 'Amazing'.

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