

### **Working with Denise so far.....**

Finding Denise was relatively easy – she is one of the few career guidance professionals registered with the Institute of Career Guidance. Her website gave the impression that she was highly professional and yet very personal – something I thought would be missing with the big organisations. She also had an MBA from the OU – I respect anyone who has gone through that having done one myself.

I opted for the Gold Programme and so far I've taken the Highlands Ability Battery, MBTI and Strong Skills Inventory tests. I got a full report on each test prior to my initial meeting with Denise. My meeting with Denise really expanded on the reports. I read round the subject on the internet but was amazed on how much additional insight Denise adds. She explained the results in depth and in a way that was easy to understand.

So far I am really pleased. I know who I am, what my strengths are and what my weaknesses are. For the first time in 5 years I've stopped beating myself up for jobs I'd ditched early or careers I'd moved on from. I don't want to use personality and natural ability (or lack of it) as an excuse or get out clause but doesn't it make sense to leverage your strengths and at least be aware of your weaknesses?

Denise really gets you thinking and opening up. She is brimming over with ideas and I am very much looking forward to our next meeting.

### **Working with Denise so far – a continuation.....**

The next part of my Gold Programme was discussion 4 – 'bringing it together'. This was a great session. From the earlier assessments Denise had come up with a wide range of possible jobs. We then came up with a sensible shortlist. Denise really seemed to understand my motivations tempering realism with insight and vision. The net result was a list of exciting conventional and portfolio type careers for me to research before the next session.

So where am I now? I have a list of jobs/career options that fit in with who I am and where I want to be. Whatever I choose, I know it's something I can and want to do. My self esteem is up through the roof - thank you Denise.

Richard, Herts