

The process has several key stages including:

- Developing clarity regarding the issues that have prompted you to seek support.
- Self-assessment activities to identify preferences in job elements, work culture and work style.
- A wide ranging marketplace review that encourages you to identify the types of jobs and industries that intuitively interest you.
- A summary of identified themes, insights and conclusions.
- An action plan for the next stage of research (gathering information) and reality testing (talking to people in the jobs and industries you have identified). This is continued until you identify your preferred direction.