



BETTER INSIGHT
THE SMART MOVE
businesses and individuals

ACADEMIC GUIDANCE

or ...

finding the right academic path leading you to the ideal career





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COACHING IS

a process that aims at improving performance in an individual. It focuses on the **here and now** rather than on the distant past or future.



Coaching process

- What is **coaching**? What is it not?
- What is your **purpose**? (define your aspirations/objectives)
- Examine your **current reality**
 - Anamnesis= all about yourself
 - Your values, qualities, talents, skills, ...
 - How you can contribute to the society you live in
- Working towards your **desired state**
 - Your ideal work environment and context
 - Your profile and interests (MBTI - RIASEC)
 - Identify and work on any blocking points
 - Meet professionals and establish job forms
- Build up your academic career based on a sustainable **action plan**
 - Compare resources and profile
 - Set up options and strategies
 - Choose for suitable studies



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