

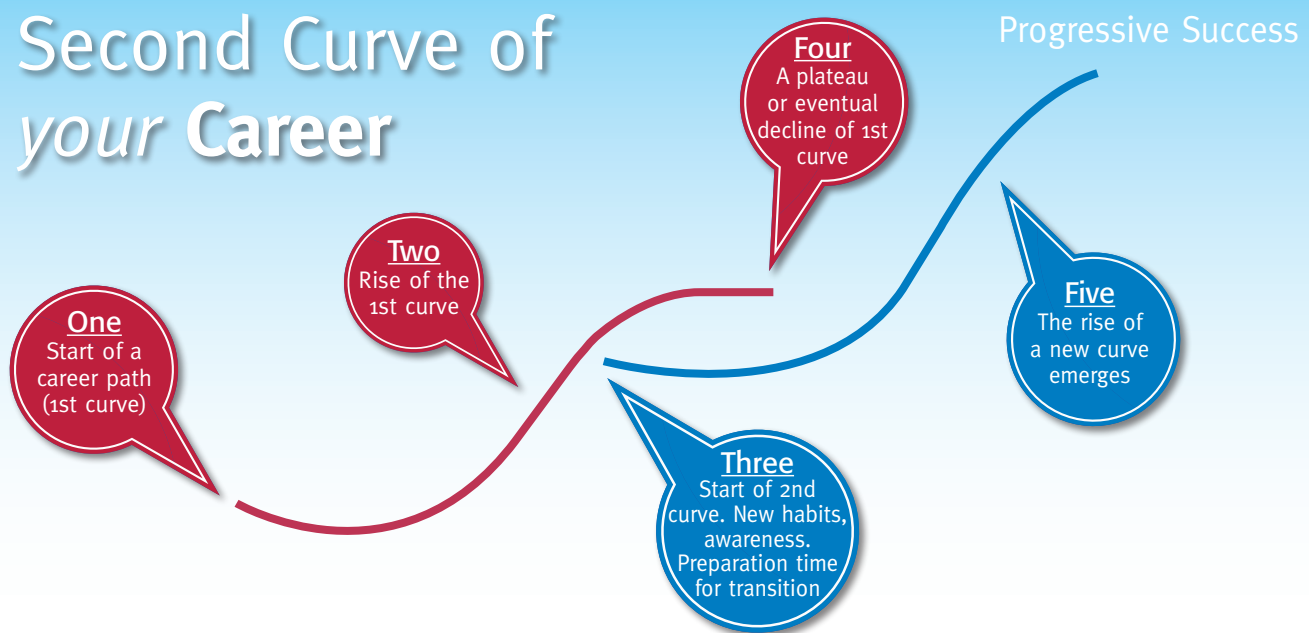
Second Curve of *your* Career



- Do you feel stuck in a rut in your current job and unsure of what else you can do?
- Would you like a “portfolio career”, go self-employed, turn a hobby into a business, become a consultant?
- Do you have lots of ideas for what you could do but unsure on how to implement them?
- Would you like to increase your self awareness and tackle the challenges that are holding you back from making career changes?
- And what about retirement, will you carry on doing what you love, take up new hobbies, do voluntary work, simply laze in the sun? Does it make a difference that you’re likely to be working, at least part-time, beyond the current retirement age of 60-65?

**... It's time to prepare *yourself*
for the second curve of your career!**

Second Curve of *your* Career



The second curve of your career (described by Charles Handy), is how to look at planning your future career to utilise your skills and provide an alternative to permanent full time employment with one employer.

Preparing for your second curve can provide flexibility, make better use of your skills and allow you to achieve more of your life goals. How to prepare for your second curve will be explored via many of the new working options which include some of the following:

- Portfolio Career
- Redesigning your existing career
- Part time work
- Boundaryless career
- Self employment
- Interim Management
- Freelancing
- Consulting

If you would like to get training and support on how to explore options available to you and get support and guidance on how to **make the transition from full time employment**, then please **sign up** to 'Second Curve of your Career' training.

The sessions will be run by Clare Mulligan a qualified organisational psychologist who will use her business experience and psychology training to support your experiential learning journey.

The training can take place via a group 5 week course or via 1-1 coaching, or a mix of the two. Each process will be supported by ongoing monthly group networking meetings with other people with similar goals.

Training will include self reflective exercises, education, psychological understanding of meeting challenges and achieving goals and action learning.

If you wish to find out more about the training please contact:

Clare on **0861922365**
or email clare@claremulliganconsulting.ie

Clare will be holding open evenings to introduce the coaching and training on second curve careers so please sign up for a free information session via

www.claremulliganconsulting.ie



Clare Mulligan Consulting