

## Career Essentials for **STEM** Professionals

Resilience is a state of change readiness attainable for all and not a trait of the exceptional few.

We help individuals and collectives to define, express and achieve their fit-for-purpose state.

If you lack direction or self-belief, invest in yourself through our coaching process.

We support you to sustain life-long personal career development based on a **HERO** model.

### The "HERO" model

#### HOPE-EFFICACY-RESILIENCE-OPTIMISM

##### HOPE

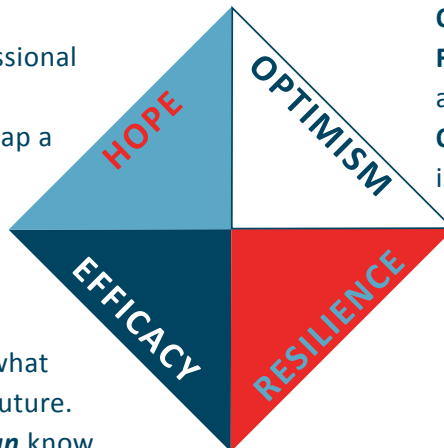
**Focus** – Align your personal and professional goals to find a meaningful career.

**Outcome** – You believe that you can map a self-directed future.

##### EFFICACY

**Focus** – Articulate a coherent story of what you stand for to give meaning to your future.

**Outcome** – You believe in what you *can* know and what you *will* do.



##### OPTIMISM

**Focus** – Discover your learning mindset and calibrate this to be fit for purpose.

**Outcome** – You believe that your best self is meant to be.

##### RESILIENCE

**Focus** – Set realistic expectations and understand how to bounce back from mistakes.

**Outcome** – You believe that you are change-ready and any mistakes help you to grow.

## KEY ELEMENTS

We take a cognitive behavioural approach and our Programme includes:

- Establishing a Protean Career - one that is future proofed based on your clarity of values
- Reviewing Curriculum Vitae for Industry-readiness
- Personality Profiling & Guidance - maximising your cognitive preferences
- Interview Coaching – ensuring coherence and avoiding negative self-talk
- Coaching for Mental/Social Habits for Change Mastery



*“Look well into thyself; there is a source of strength which will always spring up if thou wilt always look. – Marcus Aurelius*

## Testimonials

**Suvriti Bali, Validation Engineer (Biotech)** - *“My journey of knowing Fiona began when I was looking for a career in the Pharmaceutical Industry. Fiona played a crucial role in my life, helping me believe in my abilities. She made me realize where my competencies and core values lie. Fiona enabled me to channel my thinking and efforts strategically towards preparing for targeted jobs that suited my interests and competencies.”*

**Tom O’Connor, Engineer (Aseptic)** - *“Fiona played a critical role in helping me to bridge the gap between graduating university and beginning my career as a Validation Engineer. Her one-to-one mentoring sessions encouraged me to formulate any transferable skills that I had previously developed and how these could be applied within the pharmaceutical industry, or any scenario that involves critical thinking or teamwork.”*



### Profile of Coach

Fiona Fennell is the Founder & Owner of Think4Purpose. She has gained 25+ years’ experience in coaching and supporting STEM professionals. Fiona is a Certified Psychologist with the British Psychological Society and holds a Master’s in Organisational Behaviour from the National Centre for Quality Management, University of Limerick. Fiona lives on the banks of the River Shannon and keenly observes nature’s seasonal adaptivity.

## Testimonials

**Ayushi Gulabani, Validation Scientist (Biotech)** - *“Fiona empowered me from the very beginning. Each week I felt my confidence build and negative energy decrease. Throughout the process, I learned new things about myself like, my personality type, strengths, and weaknesses. Fiona provided me with logical solutions and scientific-based tools to enhance my strengths and overcome my weaknesses.”*

**Caroline O’Hare, Project Lead** - *“After more than 17 years in the IT&T sector and a career break of approximately 2 years, Fiona was instrumental in my successful transition to MedTech. Her holistic approach to all that she does ensured that personal expectations and experiences were managed and supported, particularly in the early transitional phase of a career change which can be quite challenging.”*

### COSTS & BENEFITS

€495 per person for the following:

- 5 Sessions of 1:1 Coaching
- Jung Type Indicator Personality Profile & Advice
- Customised Work Sheets including useful problem solving & professional tools
- Membership of the Think4Purpose learning community
- Regular Email contact throughout the Programme



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