



# COACH CASE STUDIES

Stories from imployable's bespoke coaching service



## ANASTASIA

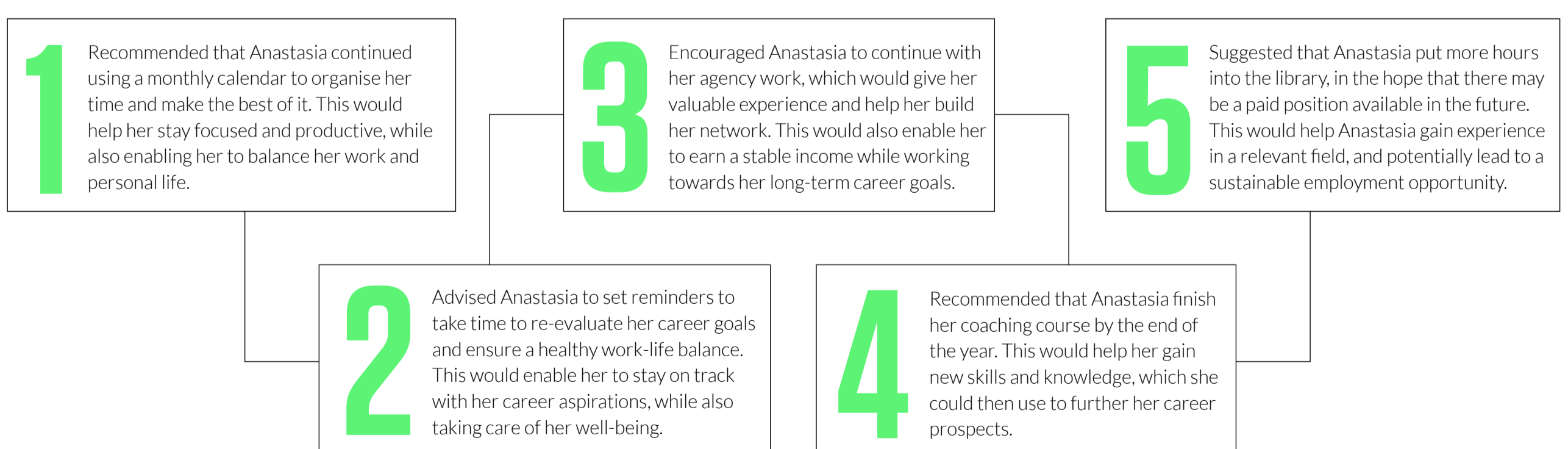
Coached by **Nicki H**

**“ANASTASIA WAS ABLE TO SECURE AGENCY WORK WHILE COMPLETING HER COACHING COURSE”**

### BACKGROUND

Anastasia had a long history as a probation officer and social worker, and had also worked in schools as a supply teacher. She had a Level 3 qualification in Special Educational Needs (SEN) and was keen to secure sustainable employment that would make use of her skills and experience. She was referred to imployable's career coaching programme by Maximus UK's Restart programme.

### ACTIONS



### RESULTS

Anastasia was assigned to Nicki Hurley, a career coach at imployable, who supported her over 8 coaching sessions. Nicki helped Anastasia secure agency work while she finished a coaching course, with the aim of progressing into sustainable employment. During the coaching sessions, Nicki recommended several actions to help Anastasia achieve her career goals.

### CONCLUSION

Thanks to Nicki's coaching and guidance, Anastasia was able to secure agency work while completing her coaching course. She continues to use a monthly calendar to organise her time, and has set reminders to re-evaluate her career goals and maintain a healthy work-life balance. She plans to finish her coaching course by the end of the year, and is exploring opportunities to work in a library to gain valuable experience. With the support of Imployable, Anastasia is well on her way to achieving her long-term career aspirations.

