

Losing a job can feel overwhelming and uncertain, but it can also be a turning point towards new opportunities. Together, we can turn this challenge into an opportunity, equipping you with the tools and guidance to secure your next role and thrive in your future career. We'll help you reassess your career path, set new goals, and identify roles that align with your strengths and interests, starting with what you do best. Since your career path is unique, our approach is fully customized to support your specific goals and aspirations.

## **Some Facts**

- Your Uniqueness is Unmatched: With 33 million possible combinations of Gallup's 34 strengths, only 1 in 278,000 people share the same top 5 strengths. This underscores the distinctiveness of each individual's strengths profile.
- Maximize What Comes Naturally: You'll never excel as much in areas that don't align with your natural strengths. Focusing on what you do best—what you're naturally inclined to love and excel at—leads to greater success and fulfillment.
- Harvard Business Review and related leadership studies have highlighted that individuals who understand and apply their strengths can clearly communicate their value, improving their performance in interviews and networking. This boosts their confidence, as they can better articulate their skills and align their strengths with potential job opportunities, making them more effective job candidates.
- Outplacement services result in 60% faster reemployment compared to individuals who navigate job loss without support, according to a report from Lee Hecht Harrison (Adecco Group)
- Outplacement services offer a significant ROI for both individuals and organizations. For every \$1 spent on outplacement, organizations save between \$3 to \$5 in potential legal fees, brand reputation, and smoother employee transitions, as per Right Management. (ManpowerGroup)



# Introducing Our Strengths-Based Outplacement Coaching Program

#### **Set SMART Goals**

We'll start by establishing clear, actionable objectives for our coaching journey, ensuring that your goals are Specific, Measurable, Achievable, Relevant, and Time-bound (SMART).

## Gallup CliftonStrengths Assessment & Debrief

You will complete the Gallup CliftonStrengths Assessment, and together, we will thoroughly explore your results. We'll help you gain a deeper understanding of your strengths, learn how to harness them, and apply them effectively in your professional and personal life.

## **Address Limiting Beliefs**

We will identify any limiting beliefs that may be holding you back. In addition, we'll explore the emotions tied to these challenges and provide tools to help you manage and overcome them.

#### **Define Core Values**

We'll work to clearly define your core values, which will serve as a foundation for your decision-making and actions going forward.

#### Craft an Action Plan

With increased self-awareness, we'll collaboratively create an action plan, outlining specific steps that leverage your strengths to achieve your goals.

### Ongoing Follow-Up

We recommend starting with a minimum of six sessions. To ensure your continued growth, you can then opt for monthly follow-up sessions to review your progress, tackle new challenges, and refine your action plan—continuing until you've achieved your career goals.

"In times of transition, focusing on your strengths is the key to unlocking new opportunities. When you know what you do best, no challenge is too great, and every setback becomes a stepping stone to your next success."



#### About us

At SHK Coaching, we believe that true success begins with greater self-awareness. Whether you're a leader or an individual contributor, our strengths-based coaching helps you break free from autopilot and build new habits that enhance both your own potential and that of your team. We focus on what you and your team do best, enabling you to thrive in any environment.

Our coaching programs are rooted in science-backed practices and tailored to your unique challenges. With a global reach, we coach in English, Danish, French, and German, offering personalized support to clients worldwide. Grounded in Gallup's strengths philosophy, our approach ensures that you leave with actionable insights and a clear strategy to achieve your goals.

With years of corporate experience—particularly in product management—we deeply understand the complexities professionals face. This allows us to deliver coaching that's not only relevant but also directly addresses the demands of today's corporate landscape.



