

# Job Coaching Program Guide

## CONTACTS

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## JOB COACHING

At BalanceEdge, we believe job readiness is about more than polishing a resume. It's about reclaiming your strengths, building confidence, and taking purposeful steps toward your sustainable employment. Our program doesn't just get you hired, it equips you with the mindset and readiness for sustainable employment that lasts.

### What's Included in this Program

#### **Certified Job Coaches**

Delivered online or in-person, our coaching adapts to where you are right now. Whether you feel overlooked, stuck, or uncertain, we'll guide you with clarity and confidence.

#### **Tailored Support**

No cookie-cutter solutions. Your coach will work with you to set goals and determine the number of sessions you need to move forward at your own pace.

#### **Resume & Application Support**

We help you craft your story, from resumes and cover letters to job applications that highlight your strengths and align with your goals.

#### **Real Mentorship by Real People**

We connect you with mentors who've walked the same path and understand the ups and downs of career transitions.

#### **Confidence-First & Future-Ready Approach**

We don't just focus on short-term fixes. Our coaching builds:

Mindset resilience → so setbacks don't stop your progress.

Career readiness skills → from communication to self-presentation.

Sustainable employment strategies → helping you not only land a role, but thrive and grow in it.

## **6-Week Coaching Structure**

### **Week 1 – Goal Setting**

Define clear career goals, align with your strengths, and set achievable milestones.

### **Week 2 – Explore Barriers**

Uncover limiting beliefs, confidence blockers, and external challenges holding you back.

### **Week 3 – Action for Success**

Create a tailored action plan, from applications to interview prep, with accountability built in.

### **Week 4 – Needs & Progress Assessment**

Review what's working, refine strategies, and close any skill or mindset gaps.

### **Week 5 – Feedback & New Mindset Work**

Practice resilience, reframe challenges, and build habits for long-term growth.

### **Week 6 – Celebrate Success**

Recognise achievements, consolidate learnings, and map out your next career steps.

### **HOW IT WORKS?**



**Discovery Session → Start with a free consultation to get started.**

**Email :[Support@balanceedge.com.au](mailto:Support@balanceedge.com.au)  
or BOOK via website.**

## **This Program is for You if:**

- **You feel stuck, overlooked, or overwhelmed in your career journey**
- **You know you have skills but something is blocking your next step**
- **You want real support, not just generic advice**
- **You're ready to rise, rebuild, and secure sustainable employment**

# **Ready to Start Your Journey?**

## **Book Your Free Consultation Now!**

