



## Parents Next

### Relaunch Career Program

CHESS Connect are delivering individual vocational counselling sessions for parents wanting to relaunch their career. These sessions are delivered virtually by a qualified Rehabilitation Counsellor from Woolgoolga to Taree.

## Career Exploration, Tools, Techniques & Strategies

- Identify your career values and goals
- Explore your career interests and discover your job and career options
- Tell your story through a tailored resume, a creative cover letter, and a compelling online presence.
- Identify the right companies and jobs to approach and apply for
- Use your network to get valuable information, job leads, and “ins”
- Create a workable strategy for applying and tracking job applications and following up
- Sharpen your interview skills
- Getting organised and preparation for the relaunch
- Starting and keeping your new job
- Work Habits for success