



Restart Journey

Develop yourself | Discover your future

OUTPLACEMENT AND SELF-EMPLOYMENT PROGRAMMES

Providing Unique Personalised Outplacement Services to Businesses and Individuals

"Find the job you really want or explore Self-Employment!"

Restart Journey provides unique personalised **Outplacement Services** like no other.

We work with **Businesses** to provide **Outplacement and Career Transition** support for their employees.

Our **Outplacement Services** significantly reduce the length of time most employees remain unemployed and are open to both **Business** and **Individual** customers. Our Support Services are tailored to your company's needs on timing, location, numbers involved, budget allocation and the individual needs of the employee

Our highly experienced, professional coaching team are passionate about helping Individuals to find their ideal Job and Career that they really want, or even to explore **Self-Employment** as an option.

Our coaches, some of whom have been made redundant themselves, understand the hardships unemployed people face and how to overcome them.

Restart Journey's flexible programmes have both **Group** and **Individual One-On-One** options available, and they can be delivered either remotely or at a suitable location that is compliant with current Covid social distancing rules.

Please **CONTACT** us to discuss a Confidential Flexible Quote

We provide 6 unique flexible packages (4 x Outplacement and 2 x Self-Employment)

Our Tailored Outplacement Programmes Typically Include:

- Personalised 1-1 Coaching and support
- CV review/writing and Cover Letters
- Skills Analysis/Self-Profiling
- Improving LinkedIn Profile
- Effective Networking
- Interview Preparation
- Personal Branding
- Job Search Strategies including Social Media
- Elevator Pitch and finding your spot
- Career Evaluation/Planning
- Exploring Self-employment

Our **Self-Employment** Programmes will help you to fully explore the feasibility of starting your own business and provide you with all the tools you need to help you get started.

Benefits of Our Outplacement Services designed For Your Employees:

- Typically reduces the search time for a new job and improves the quality of jobs found
- Provides the tools to enable a successful job search
- Assists in alleviating individuals fears and concerns
- Career assessment and advice on the current employment market opportunities
- Matched with individual Career Coach who serves as a mentor and source of motivation
- Our experienced Coaches help you explore possible Career Options in line with your own strengths, skills, and values
- Empowers Individuals and increases confidence
- Individual 1-1 or Group Coaching Sessions and Workshops
- Optimises individuals Job-seeking Skills and Strategy
- Programmes can be run remotely, usually on ZOOM.
- Management job placement can be catered for in private 1-1 format coaching as required
- Maintains staff morale and improves employee retention
- Option to explore self-employment

OUTPLACEMENT PROGRAMME 1

Group Essential Programme

- (Groups of max 12 by Zoom or 20 in a room that allows for social distancing)
- Programme delivered over 2 Full Working Days
- **Group Essential Programme** includes 16 hours of group workshops **plus** one additional hour of One-On-One Individual Coaching session
- Additional Individual Coaching Sessions can be provided / are available at a discounted rate

Topics Covered Include:

- CV Review and tailoring of your CV + Cover Letter to a Job Spec
- Interview preparation and techniques to land that dream Job (including Competency Based)
- Understanding the importance of Networking / How to master the art of Building Relationships
- Perfecting your Elevator Pitch
- Learning how to update and navigate LinkedIn to find Jobs and be found
- Skills Analysis/Self-Profiling/Finding Your Spot
- Learning how to be Innovative in finding that Job
- Planning your Job Search Strategy and developing your Personal Brand
- Dealing effectively with Headhunters, Recruiters, Agencies and Companies
- Staying positive during your Job Search and coping with unemployment
- Exploring **Self-Employment** as an option

OUTPLACEMENT PROGRAMME 2

Silver Essential Programme

(Individual One-to-One Sessions)

- Programme delivered over 8 hours of One-On-One Individual Coaching Sessions
- Final 2 hours of One-to-One Coaching sessions can be used for whatever client wants support on e.g. Preparation for specific job interviews, Tailoring job application etc.
- One-On-One Individual Coaching Sessions can be taken over 6-week period
- Additional Individual Coaching Sessions can be provided / are available at a discounted rate

Topics Covered Include:

- CV Review and tailoring of your CV + Cover Letter to a Job Spec
- Interview preparation and techniques to land that dream Job (including Competency Based)
- Understanding the importance of Networking / How to master the art of Building Relationships
- Perfecting your Elevator Pitch
- Learning how to update and navigate LinkedIn to find Jobs and be found
- Skills Analysis/Self-Profiling/Finding Your Spot
- Learning how to be Innovative in finding that Job
- Planning your Job Search Strategy and developing your Personal Brand
- Dealing effectively with Headhunters, Recruiters, Agencies and Companies
- Staying positive during your Job Search and coping with unemployment
- Exploring **Self-Employment** as an option

OUTPLACEMENT PROGRAMME 3

Gold Professional Programme

(Individual One-to-One Sessions)

- Programme delivered over 11 hours of One-On-One Individual Coaching Sessions
- Final 5 hours of One-to-One Coaching sessions can be used for whatever client wants support on e.g. Preparation for specific job interviews, Tailoring job application etc.
- One-On-One Individual Coaching Sessions can be taken over 3-month period
- Additional Individual Coaching Sessions can be provided / are available at a discounted rate

Topics Covered Include:

- CV Review and tailoring of your CV + Cover Letter to a Job Spec
- Interview preparation and techniques to land that dream Job (including Competency Based)
- Skills Analysis/Self-Profiling/Finding Your Spot
- Update Linked In profile and how to navigate LinkedIn to find Jobs
- How to be an Effective Networker
- Planning your Job Search Strategy and developing your Personal Brand
- Competency and Skills based questioning
- Learning how to be Innovative in finding that Job
- Dealing effectively with Headhunters, Recruiters, Agencies and Companies
- Staying positive during your Job Search and coping with unemployment
- Exploring **Self-Employment** as an option
- Mock Interviews practice for real Job applications
- Support on tailoring your CV and Cover Letter for real Job application
- Unlimited email support until you find employment (max 6 months)

OUTPLACEMENT PROGRAMME 4

Platinum Senior Executive Programme

(Individual One-to-One Sessions)

- Programme delivered over 16 hours of One-On-One Individual Coaching Sessions
- Final 10 hours of One-to-One Coaching sessions can be used for whatever client wants support on e.g. Preparation for specific Job Interviews, Tailoring job application etc.
- One-On-One Individual Coaching Sessions can be taken over 6-month period
- Additional Individual Coaching Sessions can be provided / are available at a discounted rate

Topics Covered Include:

- CV Review and tailoring of your CV + Cover Letter to a Job Spec
- Interview preparation and techniques to land that dream Job (including Competency Based)
- Understanding the importance of Networking / How to master the art of Building Relationships
- Perfecting your Elevator Pitch
- Learning how to update and navigate LinkedIn to find Jobs and be found
- Skills Analysis/Self-Profiling/Finding Your Spot
- Learning how to be Innovative in finding that Job
- Planning your Job Search Strategy and developing your Personal Brand
- Dealing effectively with Headhunters, Recruiters, Agencies and Companies
- Staying positive during your Job Search and coping with unemployment
- Exploring **Self-Employment** as an option
- Mock Interviews practice for real Job applications
- Support on tailoring your CV and Cover Letter for real Job application
- Unlimited email support until you find employment (max 12 months)
- Active support on Networking, Introductions, and Referrals to support Job Seeking Strategy.

GROUP SELF-EMPLOYMENT PROGRAMME

Group Self-Employment Programme

- (Groups of max 12 by Zoom or 20 in a room that allows for social distancing)
- Programme delivered over 2 Full Working Days
- **Group Self-Employment Programme** includes 16 hours of group workshops **plus** one additional hour of One-On-One Individual Coaching session
- Additional Individual Coaching Sessions can be provided / are available at a discounted rate



Topics Covered Include:

- Exploring **Self-Employment** as an option for you and starting your own business.
- Why do people become Entrepreneurs? Can you be one? Pros + Cons of **Self-Employment**?
- Obstacles/Challenges to starting a business.
- Do you have to be an expert? – How do you know you have the necessary skills and resources?
- Validation of a great product or service.
- Essential requirements for a viable business.
- Business Idea Generation. Identifying a business market opportunity. Ideation and Design Thinking. Researching the market.
- Understanding Minimum Viable Product (MVP), Value Proposition, Customer Discovery, USP
- How to gain and retain customers.
- Why do some businesses fail?
- Creating a Business Plan. Planning your business with realistic and achievable Plans
- Lean Canvas and Business Model Canvas.
- Available business supports/incentives.
- The importance of Networking for business.
- Revenue streams for business. How much should you charge? Understanding value.
- Creating your website. Domain and hosting.
- Being innovative in finding Customers and creating opportunities.
- Managing and controlling your business performance with effective KPI's.
- Using Social Media to market your business.

INDIVIDUAL SELF-EMPLOYMENT PROGRAMME

Platinum Self-Employment Programme

(Individual One-to-One Sessions)

- Programme delivered over 16 hours of One-On-One Individual Coaching Sessions
- Final 10 hours of One-to-One Coaching sessions can be used for whatever client wants as they explore **Self-Employment** to and starting their own business.
- One-On-One Individual Coaching Sessions can be taken over 6-month period
- Unlimited email support as you navigate your start-up journey (max 12 months)
- Additional Individual Coaching Sessions can be provided / are available at a discounted rate



Topics Covered Include:

- Exploring **Self-Employment** as an option for you and starting your own business.
- Why do people become Entrepreneurs? Can you be one? Pros + Cons of **Self-Employment**?
- Obstacles/Challenges to starting a business.
- Do you have to be an expert? – How do you know you have the necessary skills and resources?
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- Understanding Minimum Viable Product (MVP), Value Proposition, Customer Discovery, USP
- How to gain and retain customers.
- Why do some businesses fail?
- Creating a Business Plan. Planning your business with realistic and achievable Plans.
- Lean Canvas and Business Model Canvas.
- Business structures/types – which should I use?
- Available business supports/incentives.
- The importance of Networking for business.
- Revenue streams for business. How much should you charge? Understanding value.
- Creating your website. Domain and hosting.
- Being innovative in finding Customers and creating opportunities.
- Managing and controlling your business performance with effective KPI's.
- Using Social Media to market your business.
- IP, Patent, Trade name, logo, business name.

TESTIMONIALS

Louise Andrews

Education Programme Manager @Tangent, Trinity's Ideas Workspace

I have had the pleasure of working with Brendan in the capacity of Career Coach and Entrepreneur Educator on our Level 9 Postgraduate Certificate Programme in Creative Thinking, Innovation & Entrepreneurship, specifically aimed at individuals returning to work after a career break (Returners). Brendan's authenticity and empathy in guiding and supporting our postgraduates has been invaluable to their confidence development and career/self-employment journey.

Simona Martinas

Data and Business Analyst, and Marketing Strategist

I was not passing the interview stage and I was struggling to provide answers for competency based questions. The numerous emails with "you've been unsuccessful" were discouraging. Brendan provided practical interview tips using the STAR method, which helped me to highlight my combination of skills in marketing and data analytics, and he has helped me to successfully speak with confidence during the interview. He also improved my CV and LinkedIn Profile. Working with Brendan has been a positive experience for me and I have no hesitation in recommending him to other job seekers.

Dave Buckley

Executive in Operations, Supply Chain & Strategic Procurement

Brendan's vast experience across the wide spectrum of coaching and mentoring provides real and lasting benefit to individuals and organisations alike. His nuanced and insightful approach deftly combines the tactical and pragmatic to deliver meaningful personal and professional career development- an investment that clearly delivers long term dividends.

Dr. Ana de Almeida Kumlien.

Consultant: Water, Microbiology & Innovation

Brendan was my mentor while I undertook an employment course in Ireland. He coached me to start my own consultancy business and offered valuable advice in how to offer consultancy services to my industry. I got an incredible ROI from his advice.

He is very focused on people development and also in helping people to start new businesses. Brendan was very supportive of my decision to enrol with the Innovation Academy in Trinity College Dublin, which was the most important milestone of my career as a water scientist. Brendan was the first person who brought me the concept of being entrepreneurial. I would highly recommend him, and I hope we can work together in the future.

Like what you see? Contact us now for more information

ADDRESS

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UK Office Opening Shortly

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Find the Job or Career you really want or explore Self-Employment as an option!**