

Why did I choose to use the CV service that Halina Jaroszevska, PCC provides? What was the process? How did it benefit me and my search for a career promotion?

CV Case Study: Client was on garden leave following redundancy and looking for a career promotion.

What was the main reason that I used the 'sort out your CV' service?

I needed another perspective from someone who could look dispassionately at what I had done, identify and reflect back to me key indicators of my worth in employment terms and enable me to translate those into reality through to interview.

What was my starting point?

I had no idea what I wanted to do nor where to look regarding my next career move. It was something exceptional that I was aiming for and I realised that I needed to have expert professional help so that the outcome would be exceptional. Halina was that person. I decided that sorting out my CV was the starting point and there was more that she could work with me on. I am aware that there will be a different starting point for 'in a job and looking' or 'not in a job and looking'. I chose Halina Jaroszevska, a Professional Certified Coach [ICF] partly because her qualifications were impressive as were the results that her clients achieve and partly because I related to her and her approach.

What did the process of sorting out my CV involve?

- Absolute honesty on my part
- Complete preparedness to have what was on paper gone through with a fine tooth comb and to have some challenging questions asked
- Patience as the versions moved towards the winning product
- Trust that the outcome would be excellent
- Provision of all the information and answers to Halina's questions
- Clarity evolved as the process gained momentum
- It was an organic development
- Being ruthless to eliminate what wasn't needed or didn't serve me or didn't show me to best advantage
- Always asking the question 'So what?'
- Highlighting my top 10 vital criteria, being tough and focused
- Making the process a priority
- It was all around the 'how'

What were the benefits and how did they show up?

- Halina is very good at enabling perception re the 'how'
- Her editing skills are excellent and this is a vital ingredient. She would ask 'How about x?' and I'd think and then realise that her question was spot on and I'd get it.
- Halina manages expectations and enables expansion of how one acknowledges and recognises one's skills and abilities
- This process certainly built my confidence; there was lots of reflection back to me as to what I was good at.
- To have someone working in partnership was invaluable as it is hard to do this by oneself.
- There was accountability, help to maintain focus and objectivity.
- It was always my CV; Halina simply helped me discover what was there and how to present me to show my value. She was always there with no attachment to any outcome and encouraging me to take responsibility for my choices.

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The drawbacks from my perspective, what would I change?

- Getting the wording/ language right – the whole editing process needs lots of patience and commitment as an investment in one's future. One might not be that bothered. It is always a choice to make. Make sure you are clear about your standards and have the editing process appropriate for you.

What did I appreciate most?

- Sharing the process, having someone to walk alongside me and be my best cheerleader believing 100% in me.
- Making the decision to commit myself and my time.
- Great presence which created trust. There was always empathy with a toughness to keep my focus on the outcome that I wanted.
- Encouragement to step back and look at the facts apart from the emotions that hovered in the wings.

My advice:

- Make the process time specific. Go for a version that is as good as it can be at the time. Have an absolute deadline
- Be clear about what the process is about and what outcomes are wanted

The USP for me was two-fold:

- As the client, there was freedom to really think about what I wanted and what I was trying to say through the medium of this CV. This I felt was a privilege and so unusual that I gained huge freedom to create a CV that gained me a dream job with excellent financial benefits as well as the potential to progress to the very top levels in the organisation should I choose to do so. I might choose to look for an even better opportunity because I know that I can because I now know my worth.
- This was a 'whole person' process with a focus on the particular job made extraordinary by Halina's clarity and experience. A crucial element for me was that she has had a full and varied portfolio career – many jobs, a cross-section of skills and resources – and that all this was on tap for me.

**To discuss how Halina Jaroszewska can help
email halina@halinajaroszewska.com**

Outstanding Executive Coach | Chosen By High Potential Leaders, Key Teams |
To Deliver Remarkable Results | Inspires Change

Halina helps fast track and aspiring leaders, also key teams, to turn uncertainty into a powerful tool for exponential growth. Her aim is to enable clients to switch surviving into thriving, take business and personal performance to the next level and maximise their potential during challenging times.