

HIGH PERFORMANCE CAREER FITNESS WORKOUT©



Unlock the secrets to Why, What, and How to grow, thrive and advance your career with precision and confidence.

How will YOU benefit?

Progression

- Grow, thrive, and advance in your career
- Prioritise the development of essential knowledge, skills, and competencies for sustainable high performance and career success.
- Become a sought-after resource for current and future opportunities
- Be prepared to capitalise on promotion prospects
- Future proof your career

Higher Performance

- Radiate energy, competence and confidence
- Develop enhanced personal leadership capability
- Perform as an authentic inflow high performer
- Identify more opportunity to step up and add value
- Recognition as an Employee of Choice

Fulfilment

- Feel increased career satisfaction and motivation
- Engage and contribute with a greater sense of curiosity and possibility
- Enjoy an enhanced sense of wellbeing

What is it?

- A leading edge High-Performance Career Management Programme
- Latest Proven Career Management Strategies
- A Comprehensive Career Management Tool Kit
- Roadmap leading to Accelerated Career Advancement

Philosophy and Approach - 'What' and 'How'

Similar, to how physical fitness and well-being impact your overall health, your "Career Fitness" level plays a crucial role in determining your performance, advancement opportunities, and ultimate career success.

Programme includes: -

- A proven High-Performance Career Fitness **Framework & Roadmap** built on three critical foundations: Mindset, Capability and Branding.
- **4 High-Performance Career Fitness Competencies** which complement your functional, technical and behavioural competencies, and represent the '**What**' needs to be developed and maintained for sustainable career management and success.
- **15 High-Performance Career Fitness Workout Exercises** designed to enable you attain and sustain your Career Fitness goals.

Who is it for?

The High-Performance Career Fitness Workout is for you, if you are an ambitious professional with at least 5 years' work experience - ready to up your game and accelerate your career success.

What will you experience?

The programme starts with evaluating your current 'Career Fitness Level' using the 'Career Fitness Assessment' tool.

Your capability in 4 essential Career Fitness Competencies is evaluated, providing targeted insights for development and optimisation.

Then, by completing and applying the 15 Workout Exercises, you will experience 'ah ha' self-awareness and gain practical strategies and tips to manage and accelerate your career advancement.



Here's what past participants are saying

"You have absolutely identified a unique approach to, and developed a product that addresses the need for an integrated and holistic approach to career management for top talent, high performers and emergent talent."

Orla Berkley, Executive Leadership Coach | Accredited Team Coach | Founder Dragonfly Coaching & Career Services, Ireland

"I recently had the pleasure of diving into the High-Performance Career Fitness coaching tool, and I'm genuinely impressed. As someone who's passionate about leadership coaching and HR, I can't stress enough how invaluable a tool like this is. Whether you're working with someone just starting their career, a mid-level professional considering a pivot, or a seasoned executive, this tool has something for everyone."

Career Fitness Assessment: Includes assessing the client's current 'career fitness.' The precision and comprehensiveness of this initial step set the stage for a meaningful coaching experience. The on-line 360 assessment tool is designed not merely to evaluate but also to prompt introspection.

Competency Building: Doesn't just identify the gaps; it offers actionable steps to build on those competencies.

Personal Brand Building: Seals the deal. It's not just about getting ahead but also about creating a lasting impression in your professional circle. The tool has a fantastic way of giving actionable insights for any ambitious and career-oriented professional." ***Kelley Brakstad - Leadership Coach – USA***

Here's what past participants are saying

“Managing one’s own career is the new norm and the Career Gym Programme provides career coaches with a holistic, grounded and rigorous approach through a series of stimulating and thoughtful exercises to help clients achieve career clarity and work satisfaction. I highly recommend the Programme to coaches, HR practitioners and work psychologists working in the career and talent development spaces.” **Dr Neville Goldin, Consulting Psychologist South Africa**

“Extraordinary learning for a comprehensive system that fully supports high performers' aspirations and career path. Engaging!” **Andria Salva, Ph.D, Executive Leaders Coach, Positive Intelligence and Leadership**

“The career fitness concept is a comprehensive framework that covers all aspects of what you might encounter in the career management field. Jackie and Fiona are experts in their field, and this model showcases the wealth of experience and understanding they bring to the table. This is the most comprehensive toolkit that I have seen, and their model and training programme ably walks you through this. I would highly recommend working with Fiona and Jackie.” **Aileen Gleeson, Executive Coach, Team Coach, Trainer Ireland.**

Your Commitment

Programme Duration

2.5 days run over 5 half-days

Programme Dates	Time
1st, 15th and 29th November 2024	9.00 - 13.00 GMT
13th December 2024	9.00 - 13.00 GMT
10th January 2025	9.00 - 13.00 GMT

Additional Support

4 x 1 hour **Buddy Pod Sessions**

5 x 1 hour **Group Mentoring Sessions** (not mandatory but highly recommended)

Your Investment

Fee €1,250 - early bird 10% discount up to 30th September 2024

What's Next

Join one of our mini Career Fitness Workouts 13.00 -14.00 GMT on Sept 18th, 19th, or 30th. To secure your place register your interest by contacting either Jackie@careergym.ie or Fiona@careergym.ie and we will be in touch directly with more information.

We look forward to you hearing from you.

Jackie & Fiona

JACKIE HOWELL - Career Gym's founder and Principal Coach



Jackie is a leading Career Strategist, Executive Career and Leadership Coach. Over the past 20 years+ her wealth of expertise has impacted the careers of Executives and Leaders at all stages of their career journey.

She has an impressive track record across private and public sectors both locally and internationally, working with ambitious and dynamic individuals and organisations in their pursuit of outstanding results. She holds clients in a secure and dynamic space, encourages open, honest self-assessment and a curious and focused approach to unfolding insights and opportunities to reveal true talent.

It is her work directly with individuals and in organisations across all things career related and her depth of knowledge and expertise from both sides, which others report as invaluable. Her expertise is enriched through a credible blend of business acumen, international experience and senior HR background.

Jackie knows what it takes to be both successful and happy in your career. She has a deep understanding of human nature, organisation dynamics, high-performance and career fitness strategies. Before establishing the Career Gym in 2001 specialising in executive coaching, training and Human Resource consulting, she held various senior Human Resource roles, within Financial Services, Fund Accounting, Manufacturing, Retail, Professional Services and Consulting including, UK Head of Recruitment for KPMG Consulting. For the past 18 years, she has played a leading role in the training and development of Career Coaches internationally.

Jackie is a graduate in Human Resource Management from the National College of Ireland, a Qualified Coach – Irish Lifecoach Institute, Training and Continuing Education Graduate – National University of Ireland, Master NLP Coach Practitioner – PPD Learning UK. Belbin qualified Team Coach, British Psychological Society, Certified Ability and Occupational Psychometric Assessments.

FIONA DOWLING - A lead Partner with Career Gym



Fiona is an accomplished and experienced coach, mentor, facilitator and trainer with an extensive track record of imparting specialist skills through training, coaching and mentoring.

She is also an accomplished financial services professional with 25+ years in a business and finance environment where she designed and delivered numerous programmes to 150+ finance professional, a skill she now uses to train coaches.

Fiona's one to one coaching approach is about empowering professionals to be more strategic as they step into leadership roles. She utilises a wide range of professional skills and tools to support business leaders build their skills and confidence to meet a range of leadership challenges head on. A key area of expertise is helping clients navigate the world of work by optimising their strengths to become authentic leaders, creating a shared vision and strategy to achieve business goals. She loves working with teams and uses her facilitation skills to enable them to optimise the power of the collective intelligence, build team competencies, and develop personal leadership within their team.

She is an experienced relationship manager, and business writer with a strong track record in managing customer relationships both nationally and internationally and is a winner of a leadership award.

Fiona is delighted to have had the opportunity to collaborate with Jackie Howell in the development of this unique High-Performance Career Fitness programme.

As a performing artist for over 30 years, Fiona also uses her stage experience, voice and dance training to help her clients to maximise their presence and become more confident communicators when they take to the stage.

Fiona is an EMCC Accredited Senior Coaching and Mentoring Practitioner, a graduate of IMI in Executive Coaching, an ILI Certified Career Coach and a qualified Corporate Trainer with a QQI Special Purpose Award. She is a certified emotional capital practitioner. She is also a certified NLP coaching practitioner, is WBECS Coach Master Toolkit certified and is BPS certified in psychometric assessments. She is an Inner Hero Facilitator with certifications in Career and Life Coaching and is also a Qualified Financial Advisor. She is a certified Sprint Master and is a practitioner of Positive Intelligence.