

Declaration of Services for Job Coaches at Life Leadership Coaching

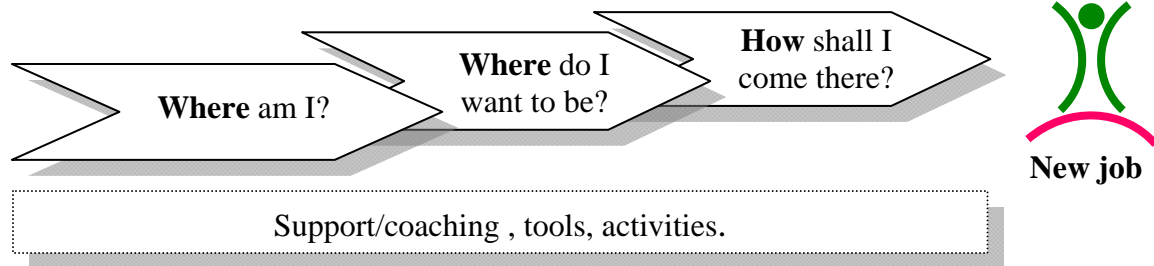


1. **Brand / Company Name:** Life Leadership Coaching.

2. **Contracted Services:**

Job Coach from Life Leadership Coaching.

We offer you who are looking for a job a personal coach and result oriented work methods. The coaching is aimed at creating energy and efficiency in your job hunt.



Where am I ? My situation, skills, values, interests.

Where do I want to be ? How does my ideal work situation look? Possible and desirable areas of work and employers.

How do I come there ? Simplify and become efficient in your job hunt with adequate tools, maps and strategies:

- Writing interesting personal presentation letter and a good CV and merits report.
- Finding and using different channels for job search: internet, job portals, CV banks.
- Presenting oneself in a natural and successful way, "Market yourself in 30 seconds".
- Training in communication and interview skills, personal marketing.
- Using social networks as a resource for finding a job.
- Setting up an action plan for handling inner and outer obstacles.
- Staying in focus on both temporary goals and the final goal – finding a new job.

What job coaching can give you.

You will get help in creating positive images of your future and in defining strategies for making these come true.

You will access to a certified coach using methods and coaching principles according to guidelines and ethical values from ICC (International Coaching Community). We use results oriented methods based on cognitive psychology and mental training.

You will be offered 15 hours of coaching during a period of three months, coaching entirely adapted to your needs and preferences.

The coaching will start with a start-up meeting where we will discuss your wishes and needs. After this a coaching contract is set up, defining the goals for the coaching. The coaching will

be done through individual personal meetings, over the telephone, e-mail or chat (via the site Samtal Online).

Coaching in small groups (maximum 3 to 5) can also be included, regarding CV, personal marketing skills, web-based job search tools, etc.

You will have access to a committed co-operation partner supporting, encouraging and counseling you all the way until you have found your new job.

We adhere to complete confidentiality regarding personal information.

**You personal coach will be your "co-pilot" on your journey to your new job.
You will be the one defining the bearing and the destination; the co-pilot will help you keep your bearing and your flying altitude in order for you to reach your destination.**

3. **Professions:**

Job coaching is offered to all types of white collar professional employees and for all types of managers, in any line of business.

4. **Geographical area:** Linköping.

5. **Formal training / experience:**

Hildigerður Jakobsdóttir Gimstedt

I am an internationally certified coach. I am also a graduate from a School of Social Studies as well as Master of Business Administration. I have many years' experience of supporting individuals in their personal and professional development, and also of team and operations development. I have been employed both by governmental and corporate organizations in different roles, like hospital counselor, project manager, change manager, HRM consultant and HRM manager.

Lars Gimstedt

I am a coach and a psychosynthesis therapist with a background as a physicist.

I have worked with commercial aircraft development, environmental-friendly engines and cell phone technology during thirty years, out of which the last ten in managerial roles.

Already during the period of working as a manager, I worked in parallel as a therapist and coach. Since 2003 I have been working full-time with coaching and therapy.

6. **References:**

We have been working with coaching over a period of many years in different professional roles, as department manager, human resource manager, almoner / counselor, psychotherapist. We have been working full-time with coaching the last seven years, both with companies and with individual clients. Examples of company customers: Sensia Health Care, Tekniska Verken, Linköping Municipality, Motala Municipality, Stångåstaden, Hyresgästföreningen, SKL, Arla, SAAB, Trygghetsrådet, and more.

7. **Company information:**

Number of employees: 2.

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