

Monika Edyta Ciereszko



CAREER & MINDSET COACH



Career Coaching Packages Student & Graduate Price List

As an experienced recruiter, I will be able to guide you through the application processes, prepare you for your interviews and offer any insights on the sector that I have.

I will be able to check your applications and offer you feedback on any mock interviews that we may conduct.

3 Session Package (£199)

6 Session Package (£375)

9 Session Package (£499)

12 Session Package (£625)

Our work together will include:

- 3 x 45 mins one-to-one sessions.
- Homework and accountability.
- Tools, recommendations, articles & worksheets to support your learning.
- Email support.

Once the 3 sessions are completed, there is always an option to extend.

Our work together will include:

- Preparation materials so you can get a jump-start on our work together.
- A 45 mins Discovery Session where we customise our approach, delve deeply into your goals and determine next steps.
- 4 x 45 mins sessions focused on the topics you decide are most relevant as the work unfolds.
- Targeted homework assignments for completion in between sessions.
- A 45 mins completion session to review the progress and determine next steps.
- Email support.

Our work together will include:

- Preparation materials so you can get a jump-start on our work together.
- A 45 mins Discovery Session where we customise our approach, delve deeply into your values and goals, determine next steps and create vision.
- 7 x 45 mins sessions focused on the topics you decide are most relevant, and also:
- A deeper exploration of your values, deeper work with Saboteurs, Life Purpose (Finding Your WHY) and customised tools and resources based on your interest and what unfolds in the sessions.
- Targeted homework assignments for completion in between sessions.
- Email support and overall cheerleading.
- A 45 mins completion session to review the progress and determine next steps.

Our work together will include:

- Preparation materials so you can get a jump-start on our work together.
- A 45 mins Discovery Session where we customise our approach, delve deeply into your values and goals, determine next steps and create visions.
- 10 x 45 mins sessions focused on the topics you decide are most relevant, and also:
- A deeper exploration of your values, exercises to develop internal resources such as "Inner Leader + Allies", deeper work with Saboteurs, Life Purpose (Finding Your WHY) and customised tools and resources based on your interest and what unfolds in the sessions.
- Mid-term review of coaching progress, goals and experience.
- Targeted homework assignments for completion in between sessions.
- Email support and overall cheerleading.
- A 45 mins completion session to review the progress and determine next steps.

Pay As You Go (£75)

Finally, if you really cannot invest into any package but need a one-off session to improve your application or test your interview skills - I will be happy to offer you one coaching session (60 mins). In order to go ahead with this service, I will need all the relevant information (copy of your CV/Cover Letter/Application form) ahead of the session.

- All sessions will be tailored to your requirements.
- To boost your progress we will tap into mindset coaching.
- All sessions are delivered via Zoom and must be paid in advance.
- Strict 48 hours cancellation policy.

- Email me to find out more about bespokeing a session to suit your needs.
- Group workshops & Webinars.
- Costs will be provided upon request.

ABOUT MONIKA

Monika is a qualified coach, career consultant and a former recruiter.



She spent the last 15 years working in HR and her specialism was graduate recruitment.



She worked for leading international corporations, educational institutions and a global law firm Shearman & Sterling.



A few years ago, she transitioned to a full-time career in coaching and professional development, helping graduates and students secure vacation schemes and training contracts.



She is currently offering one-to-one coaching to those who are struggling with their application forms and interview preparation.

Promotion!

If any of your contacts sign up for coaching with me (minimum 3 sessions), you will be given one session of complimentary coaching.

Please note that there is no limit to the amount of complimentary sessions you may receive so the more people sign up the more you get from me!

To sign up to a coaching package, contact Monika directly:



www.monikaedyta.co.uk



[LinkedIn](#)