

## Careers Counselling

To provide a broad range of services, Psychology Consultants works closely with careers psychologist Liz Bamford.

Working independently from the Morningside office, Liz works with her clients to produce various career assessment profiles and plans, to provide them with the strategies and tools to manage their own career.

1. Career self assessment: including assessment of strengths, skills, natural abilities (using Differential Aptitude Tests), personality (using MBTI or 16PF), values, drivers, disabilities, interests, specialist knowledge, learning style.

2. Vocational assessment: including assessment of current labour market, projected work trends, specific job descriptions, industries, professions, training, education, tertiary course selection, salaries.

3. Career decision-making: including SWOT analysis, work/life balance, stage of career, assessment of lifestyle including family, sport and community commitments.

4. Career planning/change: setting career and life goals.

5. Job search: job applications, job interviews, selection criteria, covering letters, resumes, salary negotiation, creative job seeking, networking, liaising with recruitment agencies, targeted job search, job search productivity.

Consultations are relaxed and tailored to meet your needs. The cost of these services will depend on your requirements, and Liz will be happy to discuss the fee structure with you. You will be eligible to make a claim from your private health insurer, if you have appropriate cover. Liz is a registered private health provider.

At the initial consultation, Liz will collect information about your background, including your employment history, your education and training and some details about your leisure activities and other life roles. After discussing what you want to achieve in your career, goals can be set for future consultations if required.

Consultation times:

Monday: 9.30am - 2pm

Tuesday: 9.30am - 2pm

Wednesday: 9.30am - 2pm

Saturday: 8am - 2pm

Liz Bamford operates an independent business from Psychology Consultants' Morningside office.

To find out more about Liz Bamford, visit her profile. If you would like more information, please contact Liz directly:

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