

Career Counselling



Ready to take your career to the next level... but not sure what that might look like? Working with a career specialist can help you identify and articulate your skills, aptitudes, values, personality traits, and interests as they relate to career choice, and undertake career planning that fits your goals.

Be in the right job for you!

- **Dealing with career-related problems or conflicts?** If you have a conflict with a co-worker or supervisor, then some professional advice may be just what is needed.
- **Concerned about starting a new job?** Stepping into a new role or taking on a new responsibility at work? Our

career counsellors can help you make a successful transition.

- **Struggling to manage your time effectively?** If you feel you are being pulled in all different directions and not accomplishing much, we can help you develop an effective time management system.
- **Want to advance your career?** We can help assess your skills and interests, determine what would be good options for you, and put together an action plan.

One call is all it takes to get started.

Plan Smart empowers you with the information and support you need to help you make your career more rewarding and successful. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

Call us to get started (translation to other languages available.)
1.800.663.1142 | TTY: 1-888-384-1152 | Numéro sans frais - en français :
1-866-398-9505 International (Call collect) : 604-689-1717



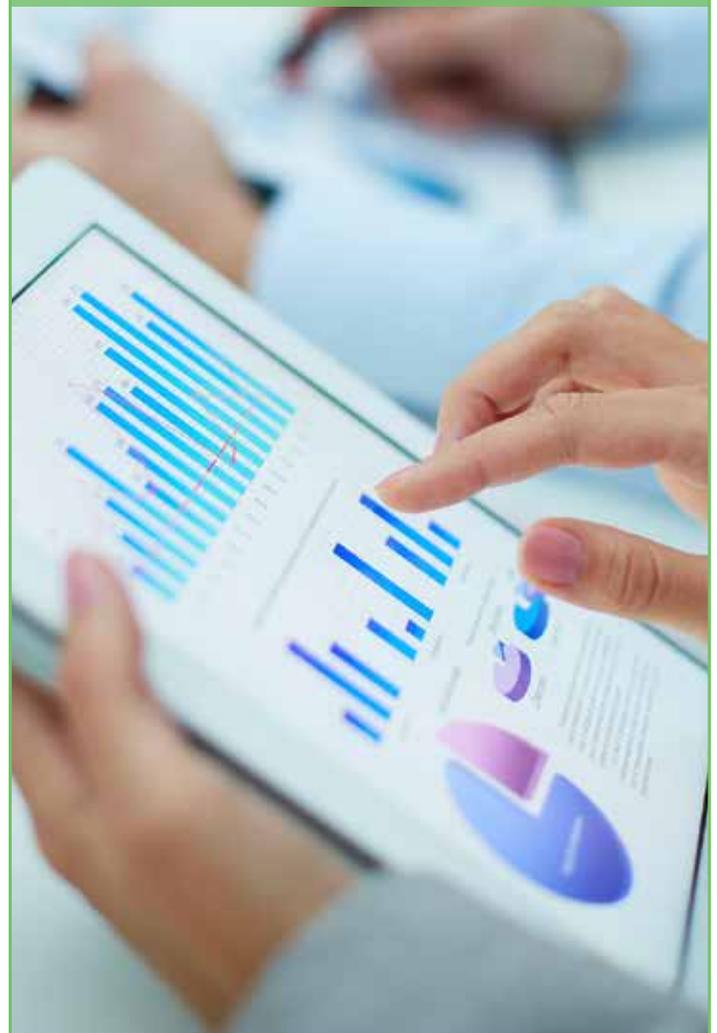
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1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our counsellors to call you and walk you through the types of support you could benefit from—online assessment tools, Internet resources, printed materials, and more.
3. We'll be there to provide one-on-one coaching as needed.

If you ever feel overwhelmed or stressed out by the career-related challenges you face, we can easily arrange counselling (face-to-face, over the phone, or through the Internet).



Plan Smart helps you overcome job hurdles—and take your career to the next level!



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