



RACHEL ABRAMSON & ASSOCIATES

smoking • weight • career guidance

Psychologists, Career Counsellors, Hypnotherapists and Relationship Counsellors



OUR MISSION:

TO PROVIDE A PROFESSIONAL SERVICE, USING BEST PRACTICES.

THE CAREER DAYZ® PROGRAM:

A PROGRAM TO IDENTIFY CAREER INTERESTS AND APTITUDES

OUR MOTTO:

- BE PROACTIVE.
- TAKE CHARGE OF YOUR CAREER.
- LOOK AFTER YOUR HEALTH.'

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CAREER DAYZ[®] PROGRAM

A PROGRAM TO IDENTIFY CAREER INTERESTS AND APTITUDES

FEATURES OF THE CAREER DAYZ[®] PROGRAM

The CAREER DAYZ[®] Program is an individually tailored Program, designed to help people identify their career interests and aptitudes. The Program uses vocational and personality questionnaires. A vocational report is provided in the second consultation.

This Program also addresses the practicalities involved in turning career aspirations into reality. For some people, this may involve advice on how to prepare their CV. For others, it may involve advice on how to best present themselves at the interview or interview practice. It may involve guidance on tapping into the hidden job market or overcoming barriers to career progression.

The CAREER DAYZ[®] takes between two to five consultations to complete.

This Program may lead into the [SEMINARS OF THE FUTURE[®]](#) (a series of career management and development seminars) and/or the [PROFESSIONAL PRACTICE PROGRAM](#) (a program to help you set up, run and grow a small business).

HOW OFTEN SHOULD I REVIEW MY CAREER

It is recommended that you review your career every two to three years. You may need to review it sooner if you have been retrenched or your industry or occupation is undergoing major change. It may also be time to review your career if you no longer enjoy your work or if you are ready for a new challenge.

WHAT TO BRING

You may find it useful to bring your current CV to the second appointment, along with any job advertisements, position descriptions and key selection criteria for positions that appeal to you.

THE FEES

Weekday consultations are \$92.50 per consultation. Sunday consultations are \$121 per consultation. Fees are payable by cash or cheque at the time of each consultation and include 10% G.S.T.

BOOKINGS AND ENQUIRIES

Appointments can be made on Sundays to Thursdays, 10.00 a.m. to 6.00 p.m. We are located on 3rd floor, Suite 307, 566 St Kilda Road, Melbourne (near corner of Beatrice Street and tram stop 26). On site parking is available for your convenience.

Bookings and enquiries can be made by email (rachela@ozemail.com.au), phone or text message (0418 149 506). Further information can be obtained by visiting rachel-abramson-and-associates.com.au.