



## Helping Australian Women Manage Their Careers

Hudson has assisted thousands of women across Australia with their careers

### Hudson Career Management

Hudson has assisted thousands of women across Australia with career planning, helping them to define their career direction and develop a more rewarding future.

Our services assist individuals when they are at a career crossroads, have undergone retrenchment, are relocating to a new country or city, or when they have identified the need to up-skill after some time away from the workplace. We also assist organisations that are looking to establish an effective framework to divest, retain or realign their staff.

### The Hudson Career Management Framework

Hudson's highly flexible Career Management Framework consists of personal coaching combined with the use of world-class online self-assessment and career management tools. As every individual has unique and specialised needs, the process is modular and tailored. The elements of the framework are:

**Step 1:** Looking Back – Overview of Life and Career

**Step 2:** The Close-up View – Skills, Experience and Personality Audit

**Step 3:** The Future View – Career Planning

**Step 4:** The Career Plan in Action

### The Benefits of Effective Career Management

Hudson has been undertaking career coaching support with great success for both individuals and organisations for close to 20 years. Some of the benefits for individual participants are:

- A structured approach to career planning.
- A clearer understanding of career motivators and drivers.
- Better clarity regarding skills and competencies.
- An increased ability to articulate career goals.
- An improved sense of direction and confidence.
- The ability to obtain a 'helicopter view' of their career.
- A better balance of lifestyle and career decisions.

Organisations providing career support for their employees gain the benefits associated with aligning individual career drivers with company objectives, which forms the hub from which many other HR initiatives can flow.

“The staff at Hudson were genuinely helpful and encouraging (in particular, my Career Coach). I strongly recommend this service to anyone who like me, was lost in terms of career direction and motivation.”

**Christine, who obtained a role as National Business Development with a major bank.**

“Last year, I worked through the Hudson career transition program and followed a structured approach, finding out ‘what made me tick’. I reached the conclusion that I was indeed in the right field and am now continuing on the same career path with renewed vigour.”

**Sarah, Sales and Marketing Director for an IT&T company.**

## Contact Us

For further information on career and lifestyle coaching, contact:

**Amanda Sheard**  
**NSW Manager, Career Management**  
**Tel: 02 8233 2248**

Adelaide (61 8) 8223 8800  
Auckland (64 9) 367 9000  
Auckland South (64 9) 526 0666  
Brisbane (61 7) 3258 8333  
Canberra (61 2) 6229 1555  
Christchurch (64 3) 379 9000  
Darwin (61 8) 8941 5200  
Melbourne (61 3) 9623 6666  
Mount Waverley (61 3) 9535 8222  
Newcastle (61 2) 4927 2220  
North Sydney (61 2) 8233 4333  
Parramatta (61 2) 8836 0222  
Perth (61 8) 9323 0222  
Sydney (61 2) 8233 2222  
Wellington (64 4) 473 4073

**Hudson**  
Asia Pacific | Europe | North America  
[www.hudson.com](http://www.hudson.com)