

EnergiseLegal case study

For Solicitors/Career Management/Career Transition

Liberating new career path.

The Brief

- 12-hour self-funded career coaching programme for senior lawyer in insurance sector.
- Explore new fulfilling career options, internally and externally.
- Career strategy to leave employer following various interim positions for more fulfilling work.
- Support to navigate redundancy after a whole layer of legal management removed.

Our Role

- Create self-awareness and clarity.
- Clarity re career direction next.
- Shared career ideas that fitted values, motivations, interests and strengths.
- Introduced client to a book publisher to write a chapter in area of new career interest ESG, giving a career capital asset to market self and reposition into new career area.
- Connected with useful contacts in my network and relevant resources.
- Introduced to virtual PA to undertake research of career routes, saving client time and reducing stress.

The Result

- Clarity on career options of interest.
- New network contacts established comfortably through research for chapter, to leverage in future.
- Recommendations on LinkedIn.
- Published author on a chapter about ESG in a multi-contributor book for Globe Law and Business.

- Chapter featured as sample in publisher's marketing material about the book, giving a marketing tool with potential new employers.
- 2 month career break to achieve a life goal and ambition.
- Successfully negotiated a 3-month internal secondment in ESG.
- Volunteering role to re-energise and decide next career step, with time for networking and interviews.

Client Testimonial

"I worked with Rachel during 2021 and 2022 when I was contemplating a career change and needed support. Rachel really helped guide me in thinking back to basics about what my true values were and what I was looking for, forcing me to think wider than the confines of my current career. She has some insightful exercises to help delve into these areas and really tailors her style of coaching to best suit the individual so they get the most out of the sessions.

Although our formal sessions have stopped, Rachel continues to be a support and keeps in touch with ideas and suggestions and is always there to connect me to people she thinks would be of help. This is a valued trait and one which I think really stands Rachel apart from other coaches.

I would recommend Rachel to anyone, especially within the legal sphere, that is contemplating a career change or is looking to reassess their current career path."

Claire Shasha