



The UNSSC Career Coaching Path is designed to support you in defining your professional direction and achieving greater clarity about your career goals. This is not a one-time conversation or a generic career advice session; instead, the coaching provides a structured and personalized process to help you reflect, plan, and take action.

You will be empowered with practical tools and tailored strategies to navigate your career path with confidence and purpose, whether you are exploring new opportunities, seeking growth in your current role, or preparing for the next step in your UN journey

### Introduction

Career growth and transitions are common challenges in the United Nations (UN) system, often involving complex shifts such as moving between field and headquarters roles, pursuing promotions, or making strategic lateral changes. Navigating these changes while staying aligning with long-term goals, personal values, strengths, and aspirations, alongside organizational priorities, can be both demanding and deeply meaningful. Increasingly, professionals are also exploring transitions beyond the UN system, seeking roles in other sectors where your experience and skills can have impact in new ways.

Coaching can play a critical role in helping you reflect on your direction, identity, transferable strengths, and take intentional steps toward growth, wherever your next move may lead. It's why we are excited to launching our new Career Coaching Path including the Career Horizons self-paced learning modules, designed to help you gain clarity, confidence, and direction in shaping your professional journey.

### **Objectives**

Through the optional self-paced modules, as well as the one-on-one coaching sessions, you will receive:

- Personalized support for career planning, skill enhancement, and professional growth, helping you gain clarity on your next steps and identify opportunities that align with your values and strengths.
- Tailored guidance on navigating inter-agency mobility, shifting between field and headquarters roles, exploring cross-function transitions, or moving into new sectors, including non-UN or private sector pathways.
- Support in aligning your professional goals with evolving priorities, global trends, and making informed decisions during times of transition or structural shifts within your organization.
- Assistance in identifying and articulating transferable skills, especially during lateral or sectoral shifts, to strengthen your
  positioning in competitive recruitment processes.
- A confidential, judgment-free space to reflect on challenges, aspirations, and what a meaningful and sustainable career path looks like for you.
- Support in preparing for interviews, updating CVs, and refining personal narratives, tailored to both internal and external roles.

## **Course methodology**

Our Career Horizons self-paced learning modules help you reflect on your professional journey, clarify your goals, and plan your next steps with confidence. Through practical tools and guided reflection, you will learn to identify your strengths, explore new opportunities, and design a career path that aligns with your values and aspirations, all at your own pace.

Our coaching services are delivered by highly experienced and credentialed coaches who also work within our learning programmes, and specialize in career coaching. Through one-on-one sessions, you will have the opportunity to reflect, learn, and take practical steps toward achieving your professional goals and vision.

If you have previously worked with one of our coaches, you are welcome to request to continue with the same coach. If this is your first coaching experience, we will contact you after your enrolment has been approved to match you with a coach best suited to your specific needs.

All sessions are **confidential, fully tailored to you**, and conducted **online** via Zoom, Microsoft Teams, telephone, or another preferred platform.

#### **Course contents**

This package is composed of individual coaching sessions, with the opportunity to enrol in Career Horizons, two of our bespoke, UNfocused self-paced learning modules:

- Taking Back Control
- Charting Your Next Chapter

Career coaching helps you gain clarity about your professional direction by providing a structured and confidential space to reflect on your values, strengths, and aspirations. Together with your coach, you define meaningful and realistic career goals that set a solid foundation for your next steps.

Through guided reflection and practical support, you develop a focused career plan that aligns your skills and experience with your ambitions. Coaching can help you refine your strategy, strengthen your professional profile, and build the confidence to pursue new opportunities.

You will also enhance your ability to connect strategically and authentically with others, improving your networking approach and professional visibility across and beyond the UN system.

Finally, career coaching equips you to navigate change and uncertainty with resilience. Whether preparing for interviews, role transitions, or new challenges, you will gain practical tools and insights to manage your career with clarity, adaptability, and confidence.

## **Target audience**

This package is open to any general service staff member from across the UN system.

To help us tailor the coaching offer to your specific needs, please respond to the following questions in the "Motivation" field when completing your online enrolment:

- 1. Have you received coaching before?
- 2. If you have previously been coached as part of one of our programmes, would you like to work with the same coach again?
- 3. What is your preferred language for coaching?
- 4. What is your preferred time zone for scheduling sessions?

# **Cost of participation**

The fee for this coaching package is USD 805, which includes three individual sessions of one hour each.