



UNIVERSITY
OF WOLLONGONG
AUSTRALIA

GROUP COACHING SESSIONS

UOW GRAD-U-READY SERIES

WHO RUNS THE SESSIONS?

The Career Coaching sessions, delivered online via Webex, will be run by Careers Central's team of qualified and experienced Career Consultants - check out their profiles [here](#).

WHAT DO THEY INVOLVE?

The weekly, group-based Career Coaching sessions are for you to get involved in if you choose. The sessions will focus on the Grad-U-Ready career development learning topics set for that week. It will be your chance to connect with your Career Coach to gain further insight and ask questions about the learning activities. You can also share your progress, career plans and personal experiences with the coach and your peers, as well as learn from others and get tailored advice.

WHAT WOULD I NEED TO DO IF I JOIN IN?

Ideally you will complete the online career development learning tasks for each week before attending the coaching session. You will receive an email each week with the links to the required learning tasks, and a link to book into the coaching sessions. In the session, you can participate as much, or as little as you like. You can choose to have your camera turned on or off. The Career Coach will discuss the weekly topic, invite questions from the group, and facilitate discussions.

DO I NEED TO ATTEND EACH WEEK?

No, the Career Coaching sessions are optional. You can attend every week, or you can choose to attend only some of the sessions - the choice is yours.

WHAT WILL I GET OUT OF THESE SESSIONS?

The sessions are all about providing you with an opportunity to both connect and be supported. You can discuss the series learning content for each week, ask questions of your Career Coach and learn from and connect with your peers, who will also be in their final semester of study.

WHEN ARE THE SESSIONS?

The Career Coaching sessions will be held for 1 hour each week over 4 weeks from 4 May. You can register for the weekly coaching sessions for your Faculty in the link provided in your weekly Grad-U-Ready email.

HOW ELSE CAN I GET SUPPORT?

The Career Coaches will also be available outside of the weekly coaching sessions to answer any questions via a Webex chat space. You will be invited to join the space and are welcome to post any career related questions to your Career Coach here.

You can also get support throughout the series from the Grad-U-Ready Series team:

UOW-GRADUREADY@UOW.EDU.AU

