

Career Navigator & Career Navigator Expert

Career Navigator consists of a digital study into your competencies/skills under the guidance of an experienced career counsellor/organizational psychologist. **Career Navigator Expert:** the study is expanded to include follow-up coaching

To perform well at your work, you need to have insight into what you're good at and what gives you energy (and what doesn't). With these insights you can make proper choices and you will keep your work exciting and challenging. Career Navigator will help you achieve this: with online assessments, you will make a useful plan of action and a powerful (online) pitch. In the extended Expert version, a career coach will help you with the follow-up steps.

This is Career Navigator & Career Navigator Expert

- online career study, including 2 support sessions
- doing multiple assessments with regard to personality, motivation and interests
- personalised reflection exercises
- optional: access to personalised, appropriate job openings (Job market explorer)
- **Career Navigator Expert:** study extended with 2 supplemental coaching sessions

This is what you will learn

- the questions "Who am I", "What do I want" and "What can I do" are examined
- you will gain insight into your position on the job market (perspective)
- you will learn how to present yourself in a powerful and authentic way

individual - group
1 : 1 - online
educational - **preventive** - curative

Matched Care category:
@work @risk @home

Number of hours:



Turnaround time in weeks:



This is what you will achieve

You will have insight into your qualities, pitfalls, interests and employability. You will be able to take appropriate steps in your current job and/or on the job market. You will also make an e-portfolio for your career. With the Expert version you will be coached on the follow-up steps.

This is what makes Career Navigator & Career Navigator Expert unique:

- an assessment programme with the help of different (COTAN certified) questionnaires and tests
- support/coaching by a specialised career advisor
- E-portfolio (Navigator) you can work on any time and with any device to update your profile
- optional: job market explorer which links your E-portfolio to all unfilled job opportunities in the Netherlands
- one year access to the Navigator

Shared Ambition offers solutions for three target groups

@Work

For employees who are working
and want to stay mentally healthy

@Risk

For employees who are at risk
of absenteeism

@Home

For employees who are partly
or fully absent

Matched Care Concept

@Work / Educational

Good balance	Too much stress
Healthy stress	Insufficient recovery
Perform	Fatigued

@Risk / Preventive

Increased need for recovery	Increased recovery deficit
Start of chronic stress reaction	Continued chronic stress reaction
Stress	Overburdened

@Home/ Curative

Dysfunctional stress mechanism	Chronic stressors
Health damage	Change in physical system
Overworked	Burnout

Our solutions

Training courses
& Workshops

Resilience

Mindfulness

(Psychological)
coaching

Psychological
interventions

Psychodiagnostics

Job Vitality for sustainable employability

Favourable progress

Awareness

Maintenance required

Self-examination

Sustainable employability at risk

Coaching

(Multidisciplinary) Intervention

Working together

Shared Ambition is an expert in work-related
psychological health.

Do you want to learn more about Shared Ambition
and/or our products and services? Please visit our
site or contact us.

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