

Onboarding coaching accompanies you successfully through the trial period!

The introductory marathon is over - now a new job begins and for many a new phase of life combined with the feeling of being "back in safe waters". But before that, you have to master the probationary period: new tasks, new colleagues, new processes, unwritten laws and much more.

With our certified onboarding coaching, you have professional support at your disposal so that you can get through this challenging time well and successfully. These are the topics:

Concluding with the past: clearing your mind for something new, processing negative experiences, pacifying old grudges and conflicts

- ✓ Analyze reasons for past failures, name concerns about the new position
- ✓ Confrontation with old patterns and habits that have already led to conflicts in previous occupations, to an accumulation of errors and even to the loss of the job.
- ✓ Name and reformulate fears of failure

Shaping the new job, really arriving in the new team and mastering possible obstacles

- ✓ Integration into the team - actively network
- ✓ Understand the culture of the new company and be able to fit in
- ✓ Missing handovers and other obstacles
- ✓ Insecurity due to a long break from work - be



Recognize stress and actively tackle it

- ✓ Time management, dealing with stress and burn-out prevention
- ✓ Work-life balance
- ✓ Disruptive attitudes, goals and behaviors

We work together to ensure that you can fully exhaust your personal and professional potential in your new role.

In dialogue, we concentrate on your individual situation and develop solutions that you can put into practice, try out and then reflect on in a joint conversation.

Procedures

- ✓ A signed employment contract, unemployment or other reasons are required for participation
- ✓ If you have an activation and placement voucher from the employment agency / job center, the coaching to stabilize a job is free of charge for you.
- ✓ The coaching takes place either face-to-face in our consulting rooms, in video conferences or by telephone. If desired, individual coaching sessions can also take place directly at the workplace.
- ✓ We will determine the exact content together, depending on your personal needs and your agreement with the cost bearer.

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HOW DOES THE SUPPORT THROUGH THE AVGS VOUCHER WORK?



FOUR STEPS FOR YOUR INDIVIDUAL ONBOARDING COACHING

STEP 1:

Consultation at the employment agency / job center

The employment agency / job center will advise you on the terms and conditions under which funding for coaching is possible. If the framework conditions are met, you will receive your personal work and placement voucher (AVGS) with a free choice of provider.

STEP 2:

Get in contact with us

You can arrange a free preliminary talk with us by phone or email (contact@sequoya.de). In addition to getting to know each other, this serves to classify your coaching concerns and to clarify the application process with you.

STEP 3:

Start career coaching

Career coaching starts with discussing the specific course of the coaching units. We plan these with you individually and according to your needs. Depending on the approval, the coaching can be carried out for a maximum of three months. The aim is to get back into working life and to participate successfully in working life.

STEP 4:

Billing of your activation and placement voucher (AVGS)

After submitting the AVGS, we will settle the accounts directly with the employment agency. So you don't have to worry about any formalities.

OUR PLUS:

Our coaches are available to you as contacts throughout the entire coaching process. You will have access to our internal website pages, which contain numerous exercises and useful tips. Sequoya also offers career and start-up coaching via activation and placement vouchers (AVGS).

CONTACT US!

We look forward to meet you
Heike Sohna and team

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