

**Preparing for your Career Review Meeting**

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| If you have already downloaded a copy of the Career Review Workbook from the HDA Southampton Solent Career Centre Resource Page, we encourage you to take the time to read through it prior to your first meeting. You can, if you wish, work through a few of the exercises which will prompt you to think about what you wish to achieve from the career coaching meetings. You will be given a copy of the workbook at your meeting.  *Record your thoughts on the form below and take it along with you. Alternatively, you can*  *save this form and email it to* [*sue.connolly@hda.co.uk*](mailto:sue.connolly@hda.co.uk) *.*   1. Describe your current situation. 2. Share any initial thoughts you may have had after completing the workbook exercises. 3. Record what you would like to achieve from your career review meetings. |

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| Name: |  |  |
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| Current Situation: | | |
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| What do you want to achieve from your career coaching? | | |
| **Please save this form and email it to HDA, or take it with you to your meeting** | | |
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