



OUTPLACEMENT COACHING

CAREER TRANSITION SUPPORT



Our outplacement coaching helps you navigate involuntary job loss and overcome the challenges of changing jobs. We optimize resumes and interview strategies, and research shows that participants secure jobs 60 days sooner. Additionally, we address frustration and focus on rebuilding your professional confidence. Our goal is to assist you in finding your next job and equip you for long-term career success.

Career Planning Guidance

- Establish a clear career path
- In-depth discovery of personal strengths
- Clear career goal setting
- Build a solid foundation for future career development

30-minute x 4 sessions | HK\$2000
Included a Career Planning Card Assessment

Job Transition Elite Plan

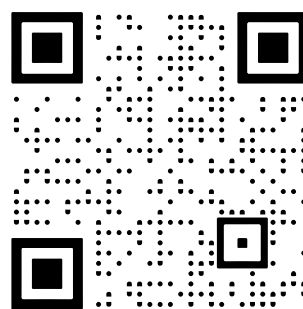
- Comprehensive career planning and job search support
- Tailored guidance for individuals transitioning industries
- Personalized job search plans and strategies
- Enhance the sustainability of long-term career success

45-minute x 6 sessions | HK\$4800
Included a Free DISC Map Full Assessment

Job Search Acceleration Plan

- Effective job search strategies and skills / strengths discovery
- Professional guidance on resume / portfolio and interview preparation
- Enhance competitiveness in the job market

30-minute x 6 sessions | HK\$3000
Included a Free DISC Map Assessment



Review a sample of
DISC Map and full
assessment report



Louis Li | hello@life-tasting.com | www.life-tasting.com
Single Session 30 min: HK\$600 | 45 min: HK\$960 | 60 min: HK\$1200 | Customized plans for groups of 10 or more



職業轉型教練服務：燃亮你的職業生涯



職業轉型教練服務旨在幫助大家順利應對非自願離職或轉職的挑戰。我們通過深度優化履歷和面試策略，顯著提升求職者的競爭力，平均縮短求職周期60天。同時，我們也致力於幫助求職者緩解挫敗感，重建職業自信。我們的目標不僅是協助大家找到下一份工作，更是讓每位求職者在未來的職場中具備持久的競爭力。

職涯啟航計劃

- 專業職涯規劃指導
- 確立清晰的職業方向
- 增強自我認識與自信
- 為未來職業發展奠定堅實基礎

30分鐘 x 4次教練諮詢 | HK\$2000
包括職涯規劃與自我價值評估

職涯啟航計劃

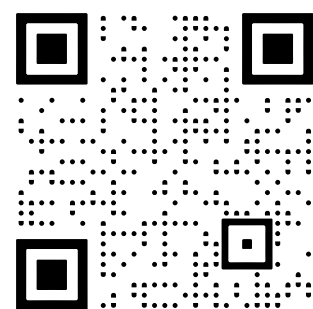
- 全面職涯規劃與求職支持
- 量身定制的行業轉換指導
- 個性化弱勢轉換為優勢策略
- 增強長期職業成功的可持續性

45分鐘 x 6次教練諮詢 | HK\$4800
包括免費DISC Map完整評估

求職策略計劃

- 高效的求職策略與行動規劃
- 履歷/作品集優化與面試準備
- 提升求職者在市場中的競爭力
- 深度挖掘個人優勢

30分鐘 x 6次教練諮詢 | HK\$3000
包括免費DISC Map評估



檢視DISC Map評估
及完整評估樣本