



# Career Check-up

## Drive meaningful career ownership

In a world of continuous change, careers today require continuous ownership and adaptability. This personalised coaching experience combines evidence-based career insights with practical guidance to help individuals better understand what drives their motivation, energy, and career satisfaction, while defining actionable steps to shape and self-manage a sustainable career in a changing world of work.

### Assessment



#### Career Values

What truly drives personal career satisfaction and success.



#### Energy-stress Balance

How does current work impact motivational capacity and coping resources.



#### Career Management Attitudes

The attitudes required to take control of one's own career.

### This personalised coaching experience will help you:

- ✓ Increased awareness about what drives your satisfaction at work, and what will make your career feel successful in your eyes.
- ✓ Understand their current energy versus stress levels; is there energy in the tank to push their career forward.
- ✓ Get insights about how "Fit" they are for today's dynamic labour market; how skilled they are to manage their own career and become self-directed.
- ✓ Highlights of their key areas of risks and opportunities on their career journeys.
- ✓ Practical development steps to actively shape and steer their own career.



#### Delivery Format

1.5 hour personalised one-on-one coaching session in person or online with one of our experts in career development.



#### Language

English, Dutch, French, and German.



#### Audience

Professionals at all career stages.



#### Journey

Participants go through an evidence-based assessment, Career Fitness Profiler.



# Navigate changing work skill expectations and life demands with **purpose** and **proactivity**.

We build the human foundation for a **sustainable** transformation.

**Zest for Work** redesigns how organisations generate energy, enabling teams to sustain performance, focus, clarity and adaptability under continuous demand.



**You are in good company!**

## Annette Zweerman, Human Capital, Career Development Lead, PWC

Zest for Work helps us to kickstart, pilot and set up a career development initiative at PwC Netherlands. Throughout their people-centered and tailored Career Competencies programme and individual career coaching, our directors deeply reflect on their personal career aspiration and what it takes to self-steer their careers whilst sustaining motivation and energy. The Zest for Work coaches are highly professional and demonstrate outstanding facilitation and coaching skills in virtual and real-life environments, alongside scientific and cutting-edge subject matter expertise on sustainable careers.



Read what they say about us!



**Trusted by  
Global Leaders**

MARS



European Space Agency



Glanbia

J&J



pwc



covestro



Zorg en Zekerheid  
Beter in jouw buurt



MAHD AL FUTAYM



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