

Cooking Up   
*Success*



# COOKING UP SUCCESS

# WELCOME TO COOKING UP SUCCESS

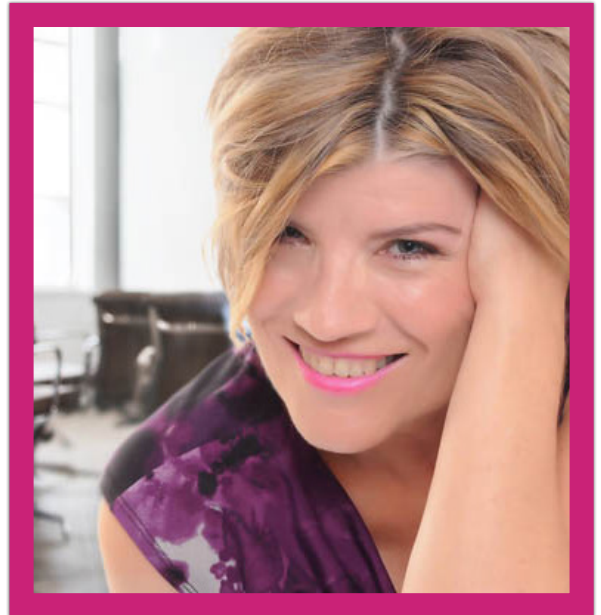
My first real experience of losing my job over 15 years ago was a huge shock. I had moved to London from Canada for a great new role, leaving everyone and everything I knew behind. Imagine my surprise and devastation to find out the company was up for sale (and they knew about the sale before I was transferred)!

**The job market is not, and has never been, easy to navigate (and it's not getting any easier either!).**

After brushing myself down, reassessing my next steps and giving myself a pep talk, I found another job.

The opportunity came to re-evaluate my life's direction after being made redundant four times, (and quitting my job twice). I realised that the most fulfilling and inspiring part of my career had evolved around supporting people in their professional and personal growth. After talking to lots of friends and business colleagues, I learned that I'd been coaching and consulting most of my life. I knew what I needed to do.

We all have our own unique talents and we need to figure out what footprint we want to leave behind in the world, including in the workplace which is an integral part of our life.



Taking my experience spanning several industry sectors, from technology and retail to education and career transition, performing roles in business development and marketing, Cooking Up Success was born.

My coaching and mentoring is designed to eliminate trial and error learning and replace it with a systematic, unique approach that guarantees a more reliable and timely result. Whether you're managing a career or building a business, a roadmap to help you get where you are going is always preferable to taking the unmarked trail.

**Are you ready to create your recipe for success?**

*"Cindy has a wealth of experience and has been through career changes herself, so sharing her own experience with me was a very important factor in me gaining confidence before going into job interview situations. Her input played a crucial factor in getting new and interesting jobs in financial services firms not once but twice. I can thoroughly recommend her services to anyone looking for their next career move."*



## WHO WE ARE

**We are career development specialists with a focus on supporting individuals in transition. Whether you're at a personal career crossroads or looking to invest in people development, we've got the tools, techniques and experience to help you.**

Our mission at Cooking Up Success is to combine a passion for food and people to create a unique environment for individuals and organisations to address career development needs and challenges.

## WHAT WE DO

We know what it's like to deal with the challenges of everyday work. On top of doing the 'day job', there may be other things you're grappling with too: how to promote yourself better internally so that you get noticed; finding a balance between the job and home life; maybe you're facing redundancy and you're not sure what to do next; or perhaps you're at a career crossroads and simply looking for a change? You may even be looking to retire but you're not sure what that might look like for you?

Whatever the challenge, we take your raw ingredients and together cook up a recipe for your success!

## OUR VALUES



### RECIPROCITY

By helping others, you help yourself. Whatever you put into a situation or process, you reap rewards both for yourself and others. We believe that growth comes from being inquisitive, listening intently and willingness to make changes to improve and develop.



### CHALLENGE

Getting where we want is all about taking small steps that push us outside of our comfort zone and towards a higher level of skill and knowledge. We show you the steps to challenge your perceptions and move you forward, at the pace that best suits you.



### INTEGRITY

Honesty is at the core of everything we do. Our evidence-based training is underpinned by the 100s of hours of workshops delivered and feedback from our clients. We are continually learning and reflect this in our desire to meet clients' needs.



### FLEXIBILITY

We do not believe in 'one size fits all'. Our programmes are designed to fit your needs. We work with you to tailor solutions that fit your goals and aspirations.



### COLLABORATION

Change can be difficult but incredibly rewarding. To get the most out of our services requires collaboration... you will get 100% from us.

# OUR SERVICES



Did you know that over a third of the UK workforce want to change careers? We are on a mission to help change that!

## WE FOLLOW A RECIPE FOR TRANSITION. HOW DOES IT WORK?

Our services include 1:1 coaching, workshops and speaker presentations, helping individuals and companies make the most of their talent. We are committed to helping our clients make confident career decisions, take action, and create successful futures.

We work with all levels in the organisation, from graduates to mid-level managers and senior executives, inspiring and encouraging them to be the best they can be.

Our services are held in a relaxed environment because we know that many social gatherings end up in the kitchen! The question is why? The kitchen is a warm, comfortable and inviting space. Not only do we use food as an analogy, we use real food ingredients as it has a huge impact on our state of mind and ability to focus and relax.

Drawing parallels to food, we go through each step in a recipe and apply that to the stages of career transition and change, along with the instructions for creating a delicious dish at home!

*"I have seen  
Cindy in action  
and she's amazing.  
She establishes an  
instant rapport  
with people at every  
level and manages to  
engage and motivate  
even the most  
challenging people.  
I highly recommend  
her."*



## COACHING

We offer a highly personalised, practical and results-oriented approach using food as a metaphor for career development and change. Even a few ingredients can be transformed into a multitude of exciting recipes! We show you how your own unique ingredients can be configured in different ways to open up a variety of career possibilities. We help you identify your strengths, skills, desires and talents and then create strategies for combining them into your personal recipe for your success. Whatever your career direction, we provide you with all the steps to your next great job or career adventure.



## TRAINING & FACILITATION

We offer a range of career development workshops designed to support effective organisational career management processes. We deliver workshops for organisations in London and regional locations throughout the UK. Workshops are tailored to your company's specific needs and are conducted on-site at your premises or preferred venue. Topics have included sales, marketing and business development training, body language for positive impact, and networking for success and influence workshops.



## PUBLIC SPEAKING

From the boardroom to the training room to the conference hall, Cindy connects with her audience in a way that leaves each person feeling as if they are the only one in the room. She has delivered keynote speeches and motivational talks for career-focused conferences, industry associations and entrepreneur-driven organisations, offering clear and defined approaches to developing a powerful personal brand.

**HELPING YOU  
DISCOVER THE  
JOB OF YOUR  
DREAMS**



Helping You Discover the Job of Your Dreams

## YOU HAVE YOUR RECIPE: MAKING A CHANGE IS YOUR GOAL

Cindy is the author of 'Cooking up Success', a practical, entertaining and uplifting career development guide. In this innovative and inspiring book, Cindy shares her professional journey through her love of food, capturing funny stories and using personal anecdotes to illustrate how everyone holds the key to finding their dream career in life, if they know how to find it.

Cooking up Success is a combination of exercises, tips and tricks to help you work through the recruitment maze and master career change. Based on over 20 years of personal experiences since moving to the UK, when redundancy and change forced me to re-evaluate my skills, knowledge and approach to finding new employment, I have shared my learnings so that you can create your recipe for career success!

# OUR WORKSHOPS



## BODY LANGUAGE

Non-verbal communication accounts for 70% of how we take in information. We have 2 minutes to create a lasting impression. Most people have no idea the impact they create. With 15 years in technology I believe there are a few key obstacles slowing down success of people both internally and with clients and prospects. The power of body language creates maximum impact and helps create lasting impressions relationships.



## NEGOTIATION SKILLS

86% of hiring managers expect us to negotiate at the offer stage, and yet only 36% of men and 16% of women do. The question is why? During this workshop you'll learn tried and tested negotiation methods developed from personal experiences and successes. You'll be guided through the initial steps of understanding and articulating your personal value, and provided with a step-by-step negotiation process to get what you truly deserve.



## HANDLING CHANGE

### Handling career change and finding the career you desire

Do you know how to evaluate what your special talents, interests and values? We help you understand what actions you can take to get unstuck and back on finding clarity, identifying your skills, credibility, and the confidence needed to take you to the career path you desire.



## LASTING NETWORKS

75% of jobs come as a result of networking yet many people don't bother until they find themselves in need of help either to find a new role, get feedback on research or build a new client base. In this two hour interactive development workshop we take you through your paces, offer practical guidance on the importance of networking and together create a plan to help you maximise your opportunities by tapping into existing and new contacts.

## WHAT OTHER PEOPLE ARE SAYING ABOUT US

“

*I want to thank you for facilitating the 'Body Language' seminar; It was such an engaging seminar with a lot of useful hands on tips that are useful both professionally and personally. I would certainly recommend this seminar to anyone who is looking to enhance their communication skills!*

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“

*Thank you very much for your talk! You gave everyone plenty of food for thought, and provided it in a humorous and fun way.*

”

AUDREY MANDELA, WITT CHAIR

“

*Losing your job can make you feel quite bewildered and even somewhat paralysed. Cindy helped me to think clearly about what to do next. I'd been in a particular job for some time, so the advice about my CV and the sense of what skills I could bring to a new position was invaluable.*

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## GET IN TOUCH!

### WEBSITE

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