

Career Clarity for Women Group Coaching Programme (online)



For Professional Women
in Career Transition, 2026

Information for participants


ARA KITE
TAUMATA
PATHWAY TO THE SUMMIT



Does any of this sound familiar?

- You want to leverage your experience in new ways
- You feel stuck in a role that doesn't align with your values or fully utilise your skills
- Your career has been affected by under-employment, redundancy or restructures
- You're applying for roles but not getting interviews
- You're ready to invest time and energy in gaining career clarity

If you answered yes to any of these questions, you've come to the right place.

“*Esther-Maria's work is firmly grounded in manaakitanga and kotahitanga. She creates spaces where people feel welcomed, respected, and empowered—values essential in the public good sector.” – Katie Barry, Disability & Inclusion Programme Manager, Recreation Aotearoa*

What you'll gain

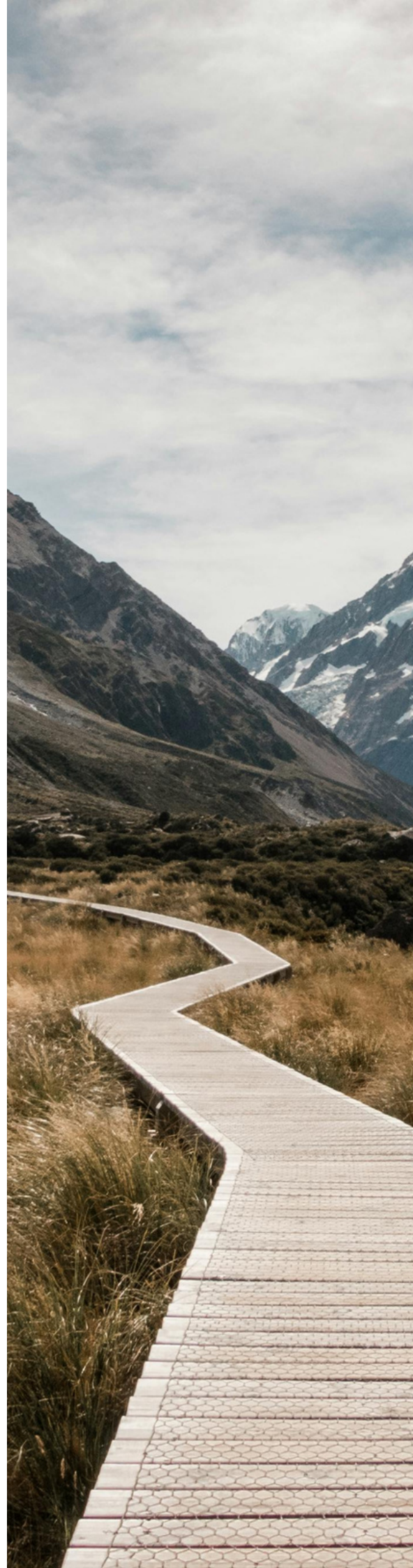
With expert career coaching, best practice career coaching, and a supportive hapori/ community of like-minded women, you will:

- Uncover and articulate your unique career values, skills, and interests
- Identify transferable skills to open new career pathways
- Match your strengths to roles and organisations best suited to your potential
- Develop compelling career messages and strategies for your next move



"You transformed my professional journey by asking powerful questions about my values and goals. Your guidance and support during confusing times made all the difference—my success is a direct result of your guidance."

Priya Patel, HR, Social Investment Agency



Programme Overview

- Five 2-hour, online, group coaching sessions
- Two 1:1 coaching sessions
- Professional career assessments (TetraMap, Self-Directed Search, Knowdell Values, Career Competencies Wheel)
- Structured career discovery workbook with all tools and templates
- Email and phone support between sessions
- Accountability partnerships with fellow participants
- Resource library of templates, guides, and sector insights
- The opportunity to build your career network with other women

Programme Details

- Cohort Size: 5 - 8 participants. You will be grouped by similar career levels and experience.
- Duration: Two months
- Format: Guided interactive learning, mentoring, coaching, and group workshops (online)
- Investment: \$850 + GST per person (payment plans available)

If you're not currently in paid employment or facing financial constraints, please contact us to discuss options. We want the fee to reflect what you can reasonably afford while honouring the value of the work.

“*Esther-Maria's empathy, practicality and authentic warmth made all the difference as I navigated redundancy. She was readily available and the growth I've experienced is priceless.*” - Jenny Grace, LIS

YOUR JOURNEY

Session 1: Foundation & Direction

Build trust and identify your career mission and value. Complete career assessments, share your story, and uncover your career drivers.

Session 2: Skills & Strengths Mapping

Identify and articulate transferable skills. Articulate your career mission, map your competencies.

Session 3: Career Pathways & Market Research

Match your strengths to real opportunities. Pool knowledge about organisations and sectors, reality-check career options with compelling stories, and identify skill gaps.

Session 4: Personal Branding & CV Development

Craft compelling career narratives and CVs. Workshop your CV, refine your narrative with group feedback, and create your career action plan.

Session 5: Integration & Ongoing Support

Consolidate your learning and build sustainable support. Share progress and wins, troubleshoot obstacles, refine action plans, establish ongoing peer mentoring, and celebrate growth.

Why Group Coaching Works

Women facing similar career transitions make faster progress together than in isolation. Participants report:

- Reduced isolation: 'I'm not alone in this'
- Collective wisdom through knowledge and expertise of other wāhine/women
- Career tools that are repeatable throughout your career
- Lasting professional networks that continue beyond the programme

Meet your facilitator

Esther-Maria Bukholt

Co-founder and facilitator

Diploma in Careers Counselling, Certificate in Supervision, L5
te reo Rōnakitanga, Certificate in Restorative Practice,
Bachelor of Arts

Esther (Tuiwi and Danish) is a skilled facilitator and careers coach with decades of experience in leadership, collaboration, and personal development. Drawing on her work in community and bi-cultural development, health and wellbeing, she helps women identify and bridge the distance between the roles they are in and their potential. She will help you create an actionable pathway to your future career while building your network.

“A career is more than just a job. It is the journey we take throughout life, including how we live, learn, work and play. We are happiest and most productive when our values, skills and lifestyles are truly aligned.”



Take the next step...



Ready to start your journey towards Career Clarity?
Then we're ready to support you.

Step One: Initial Consultation

We'll meet for 30 minutes to discuss where you are right now, where you want to be.

Step Two: Form Cohorts

Once we have 5 committed participants at similar career levels, I schedule coaching sessions at times that work for the group.

Step Three: Programme Begins

You'll receive your pre-work materials one week before Session 1, giving you time to complete assessments and reflection.

Ready to start your journey? Limited spaces available.
Contact esther@arakitetaumata.co.nz 027 481 3248.

Or register at <https://forms.gle/SFViKRTm1TKgfFj68>

