



Realizing Possibilities Through Impactful Talent Solutions

Career Refresh

It's Time to Re-energize Your Career

Are you going through the motions in your career? Is work a nine-to-five necessity? Or perhaps you are starting your career and don't know which direction to go. It's time for a Career Refresh. The Career Refresh program provides access to CMP career development support from anywhere, at any time. This program includes three sessions with a Senior Career Consultant, assessment and career positioning, as well as access to a robust online portal, Career Workspace.



Leverage Contemporary CareerTools

The Career Refresh program leverages robust online tools and targeted coaching to support every aspect of your career exploration and navigation, including:

- Career insights through self assessment
- Career option exploration
- Research and networking tools
- Career goal development
- Career strategy and tactics
- Resume development

Unique Online Opportunities

Supporting Career Refresh is our proprietary Career Workspace™ portal. The Portal offers assessment tools and research and on-line webinars that will support your career exploration, refresh, and execution.

Career Refresh is an excellent and economical approach to re-energizing your career with self insight and pragmatic strategies and tactics to realize the career you want.

CMP is a talent and transition firm in the business of developing people and organizations across the full talent life cycle – from talent acquisition and leadership development, to organization development and career transition support. To learn more, give us a call today at 800.680.7768 or [request more info](#).