



## CAREER REFRESH

### It's Time to Re-Energize Your Career

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- ◆ Are you going through the motions in your career?
- ◆ Is working a nine-to-five job a necessity?
- ◆ Are you starting your career and don't know which direction to go?



### ITS 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, and access to a robust online portal- OI Solutions.

### LEVERAGE CONTEMPORARY CAREER TOOLS

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
- ◆ Career goal development
- ◆ Career strategy and tactic
- ◆ Resume development

### UNIQUE ONLINE OPPORTUNITIES

Supporting **Career Refresh** is our proprietary portal – OI Solutions. The portal offers assessment tools, research, and online webinars that will support your career exploration. Career Refresh is an **excellent, economical** approach to re-energizing your career with self-insight and pragmatic strategies to gain the career you want.

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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.