

Career Clarity Notes I

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What a Career Coach Really Is

Finding a job today can feel overwhelming, especially if you're navigating a new country, switching careers, returning after a break, or even going through a challenging season.



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While many people eventually find their way, having **personalized support and space for reflection** can make the process clearer, smoother, and more meaningful, and that can be life-changing when it comes to your **career or studies**.

This is where career coaching plays a big role. As career coaches, we guide you in **building** the skills, strategies, and clarity to land opportunities yourself. We know how to listen, respect your **academic and professional background**, and tailor guidance to your **unique** situation. We also provide encouragement when self-doubt arises, offer perspective to help you see new possibilities, and create a safe space for reflection and growth.

Career coaching is not only about the next job. It's a **caring and personalized process** that supports your journey with confidence and clarity.

What a Career Coach Does

- ☐ **Helps you clarify your direction** → exploring your strengths, values, and options.
- ☐ **Guides your job search strategy** → from CVs and LinkedIn profiles to interview preparation.
- ☐ **Provides accountability and structure** → keeping you focused, motivated, and moving forward.
- ☐ **Supports your confidence** → reminding you of your value during self-doubt and uncertainty.
- ☐ **Offers perspective** → helping you see new opportunities and possibilities you might have missed.
- ☐ **Creates a safe space** → where you can reflect honestly, without judgment.
- ☐ **Focuses on long-term growth** → not just your next job, but building clarity and resilience for the future.

What a Career Coach Does Not

- ☒ Find or apply to jobs **on your behalf**.
- ☒ Guarantee instant results or employment **overnight**.
- ☒ **Replace** your own effort and ownership of the process.
- ☒ **Diminish** your strengths or make you feel “not enough.”
- ☒ Offer **one-size-fits-all** solutions — because your **journey is unique**.

Why This Matters in Sweden

I've often heard stories from people in Sweden, especially newcomers, who felt frustrated with their career support experiences. Some were told that without fluent Swedish, they had little chance of finding work. Others received job leads unrelated to their professional background, despite years of experience. **Highly skilled professionals** have even been directed toward cleaning or warehouse jobs, not because of their potential, but because of how challenging the system can be to navigate.

These experiences can be painful, but they don't define you. They highlight the importance of receiving career guidance that **truly recognizes your skills, values, and aspirations**, whether that's by choosing your own career coach, being matched with the right advisor, or through organizations collaborating with dedicated professionals. The right guidance **can help you move forward with clarity and confidence**.

Wise Questions

When working with a career coach, **reflect on yourself first:**

- What do I want to gain clarity on?
- Which part of the process feels most challenging for me?
- How could guidance and structure help me move forward?

Don't hesitate to **ask your coach:**

- How will you support me in connecting my background to new opportunities?
- How do you help clients who are newcomers, returning after a break, or exploring a career change?
- How do you balance encouragement with realistic guidance?

A **good career coach** should make you feel **seen, valued, and equipped**. Not diminished.

To your next steps with confidence,

Marilia