

# Coaching for EU Careers

from the most seasoned coach and trainer with EU: Carmen Peter

How can you ensure success in achieving your professional career with EU? With training and coaching from the most experienced person in Brussels. Set yourself a new, exciting and achievable EU career strategy and with Carmen, you will reach your targets.

## Coaching for top flight EU careers with Carmen Peter, coach and trainer

With competitors from all over Europe, a European career requires remarkable professional support.

### Who needs coaching?

Carmen offers training for all levels for all competitions. From assistants to managers, from contractual agents to specialized seconded national experts, Carmen will help you prepare professionally. Coaching can be individual, or organized as a group when discount rates will be applied.

### Application to European Personnel Selection Office (EPSO)

The higher the level of the post, the more important your application form and employment history is to EPSO; thus, the more important it is to have the support of a professional to identify and highlight your future role and added value.

### EPSO Computer-based tests

Numerical, verbal, abstract and situational judgment tests are the first stage of the competition. To succeed, learning techniques and having a strategy will make the difference between just passing and actually being selected for next phase

### EPSO Assessment Centre

The case study, oral presentation, structured interview and group exercises all require rigorous training. Carmen will provide realistic simulations of the competition and you will be confronted with other applicants to shape yourself up.

### EU career: now, get the job

For competition laureates on the reserve lists, Carmen will help you with a strategy to get a post, from letter of motivation and CV writing, to marketing your skills and talents during the interview preparation to get what you worked so hard for.

### Coaching for professional development

To further your career and identify your goals Carmen's coaching is indispensable. She will help identify your strengths and weaknesses and help you build a career.

### Team building and team coaching

Another of Carmen's services which the EU institutions have come to rely on over the years is team coaching. Heads of Unit and Directors can readily access Carmen's one to three day team building offer for their staff tailored to their specific needs.



### Coaching for management and leadership

Carmen will train you in communication skills, awareness of your leadership and management styles, and in techniques for getting the best out of your team.

She has a proven track record for success. You cannot work with a more experienced, knowledgeable or highly skilled trainer. Click [here](#) to read more success stories or read Carmen's new [blog](#).

*"Carmen's experience in coaching was extremely useful when I was preparing for an important career interview. Her guidance helped me to structure my thoughts and prepare a sufficiently succinct yet convincing self-presentation. Knowing I was well prepared for the interview gave me considerable confidence on the day. I passed."*  
Tony Carritt

*"Carmen was an excellent coach in my quest to pass the EPSO open competition. She managed to pull out the essential from my profile, helped me focus on what really matters and, most of all, she gave me the required courage and confidence to perform well. I hope we will collaborate together in the future."*  
Andrei Mungiu