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**Presenter 1: Career Transition Tips & Strategies in a Competitive Market - CHESS Connect**

Name: Jennifer Hill

Position: Practice Leader

Company: CHESS Connect



**Bio:** Jennifer Hill is Practice Leader at CHESS Connect for Return to Work and Allied Health with a Graduate Diploma in Rehabilitation Counselling from University of Sydney.

Armed with decades of experience working in health, wellbeing and occupational rehabilitation, Jen is highly skilled in Career Coaching, People Management and Crisis Intervention.

A long time resident of the Mid North Coast, Jen has extensive professional networks and knowledge of local employment markets. Jen bring this expertise and knowledge to her career coaching sessions to help professions organise, plan for and navigate through the often stressful process of a work transition.

**'Career Transition Tips & Strategies in a Competitive Market'**

A virtual event to help employers and their staff find their way out of the redundancy and job loss maze by giving understanding of

- How to manage and 'reframe' job loss.
- The top 5 lessons for successful career transition.
- Creating a career transition plan and other important tips and strategies.