Media Kit

Expert Career Counselling and Career Coaching

Shirin Khamisa, B.A., B. Ed., ACC
Founder & Principal
Licensed HeartMath® Coach

416.519.8408 | 1.888.977.6284
www.careersbydesign.ca
www.careersbydesigncoaching.com
shirin@careersbydesign.ca

Expert coaching to help you get what you really, really want

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At Careers by Design, we help professionals get over career challenges and get what they really want.

Our main advantage lies in our unique & powerful approach of: “Connecting Head and Heart” to achieve personal and career success.

"Before coaching I was lost and I wasn't sure that I wanted to fit into the typical career of an artist. I was unaware about how to create a career that fits for me and the necessary steps that I need to do to get myself there."

- Brittney Francis, Theatre Artist
About Us

Careers by Design is a national Career Counselling and Life Coaching firm. Founded in 2005 by Shirin Khamisa, a recognized thought leader at the intersection of career development and personal leadership.

For over nine years, Shirin’s career advice has been featured in national media outlets including: CTV, CBC, The Globe & Mail, and the Financial Post.

Shirin’s passion about helping people find work they feel good about has helped thousands of Canadians to create “More Happy Mondays” with support to:

* Find a career that fits
* Land the job!
* Be happy at work
* Specialized services

Follow Shirin’s posts at our blog
www.morehappymondays.com

Find a career that fits
What next and how?

Land the job!
Secrets of success

Be happy at work
Purpose. Passion. Profit.

Specialized Services
You are unique - so are these!
Media Coverage

For nearly a decade, Careers by Design has been widely published in national TV, newspapers, and magazines. Some highlights include:

* 2014 Canadian Press video series published on The Globe And Mail, Yahoo! Finance and Aol.

* TV appearances on CTV’s Canada am high five, Slice Network’s Three Takes, and CMT TV’s Kortney & Dave: By Request!
* Over 100 articles featured in Metro, Toronto Star, Edmonton Journal, The Globe And Mail, Canadian Business, Chatelaine, jobboom.com, Workopolis and many more.
Connecting Head & Heart

Globally, we are the only career counselling firm that uses HeartMath® tools and strategies as part of our career development programs.

HeartMath® is the only scientifically-validated system of stress reduction proven to boost the health and performance of individuals and organizations - making you much more effective in your search for work that’s a good fit for you.

And if you are not feeling stressed, these HeartMath® tools will still help you to focus, take action and get what you want faster. So either way, you can’t lose.

The HeartMath® tools have been helped 100,000 employees and managers reduce stress and increase productivity at various companies including Sony, Unilever and HP.
What our customers say

100+ testimonials from satisfied customers!

"Learning more about myself helped me to leverage my skills and experiences and use them to start a new venture that is off to a strong start. I highly recommend Careers by Design to anyone who wants to start feeling better now and have a career that really fits who they are."

- Rob Arnott, Chief Operating Officer, Paro Strategic Marketing

"Lee has a marvelous knack of connecting the dots and offering an alternative way of approaching the task. I liked the fact that Lee brought a fresh perspective to an issue and shared her insights about why something worked or didn’t”

- Mavis Fernandes, Organizational Change Consultant

"It was great to feel like I had someone on my side who supported my direction.”

- Keith Innes, Accounting Professional

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“Shirin and I worked together to evaluate and clarify new priorities and better understand how my career contributes to them. She helped me zero in on aspects of myself that were not being fulfilled and encouraged me to pursue my dreams in a tactical and realistic way.

We used simple, efficient exercises and monthly meetings that kept me on track. Her coaching continues to help me navigate and identify new opportunities. I feel so fortunate to have connected with Shirin so early in my career!”

- Michelle Quintal, Culinary Herbalist

What the columnists say

“As a freelance journalist, it's important for me to have go-to experts for stories. For the last couple of years, I've interviewed Shirin numerous times for articles on career development. Always articulate and prepared, she's incredibly quotable and provides an abundance of information. She understands deadlines and is kind enough to accommodate my tight timelines.”

- Caitlin Crawshaw, Freelance journalist and visual artist
Contact Information

For more please contact:
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Did you know?
Careers by Design is affiliated with many organizations and has been listed for 7 years in the ‘What Color is your Parachute?’ books.

Meet
SHIRIN KHAMISA
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