

## **Alexandra Lonergan**

I joined Career Dynamic following a happy and successful career in Human Resources management. I worked in some amazing companies, both in New Zealand and in the United Kingdom, including; Compaq Computer, Visa International and PricewaterhouseCoopers. I really enjoyed these experiences, but after 13 years in HR, I was ready for a change. The change came about gradually (as major shifts often do) and by the time I was at home with a new baby, my priorities had changed and I wanted more fulfilment and flexibility in my career.

I had met Lee a year or so earlier, as I was exploring different career options and I joined the Career Dynamic practice in 2010. Joining the practice has felt like a fantastic fit for me, in terms of the variety of work, the skills & experiences I can draw on from my HR career and the people and colleagues I interact with.

I enjoy helping people of all ages and stages in their careers, but am developing a particular interest in school and university students and also women returning to work. These interests undoubtedly reflect the years I spent involved in recruiting graduates for PricewaterhouseCoopers and my recent experience as a mum changing career and returning to work, and the many challenges this involves.

In addition to consulting with Career Dynamic, I am also studying towards a Diploma of Career Development at AUT. This complements the other qualifications I hold including; a Bachelors degree in Psychology and a Master of Social Science (Hons) in Organisational Psychology. In the UK I also completed a Certificate in Coaching from the UK Centre for Coaching and a Diploma in Employment Law and Advanced Personnel Management.

I love careers work but also strive to keep a balance and like to relax with my little girl Lucy, my husband and friends & family. We live in St Heliers so I am often out walking on the waterfront, or in a café! I also really enjoy the cinema, theatre, reading, cooking and travel. If I have lost track of time it is because I have found myself planning our next adventure away, either overseas or in New Zealand.