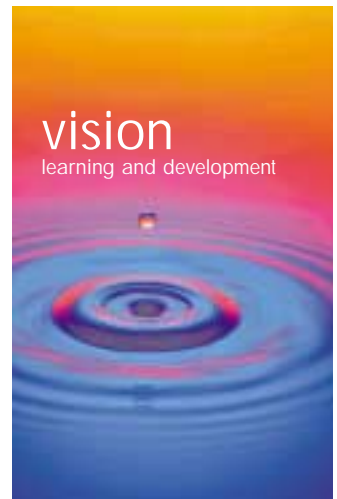


# Managing your career

## Planning Your Career and Lifestyle Choices for the Future One-Day Introductory Workshop - or run as Full Two-Day version



### Why Attend?

With the day-to-day pace of life we rarely give ourselves time to reflect upon our career and lifestyle direction. Have you ever wondered if you were really making the most of your talents? You may have been in a job for a long time and never stopped to consider if it is really right for you? Perhaps you are currently facing a situation that is forcing you to review your career options?

Many success stories begin with what seems at the time like an adverse situation. Yet how many times have you heard people say something like;

“That was just the push I needed – and I’ve never looked back since.”

Whatever your current position, this workshop offers you the opportunity to positively consider your own specific situation and the chance to plan the way ahead for your future success.

### Objectives

By the end of the workshop you will have:-

Reviewed your career to date and identified your transferable talents

A clear picture of what you want in your future career and lifestyle

Developed practical ideas about how to take the next steps

### Workshop Content

Learning from the past – reviewing your career and lifestyle thus far.

What are your unique talents? i.e. your knowledge, skills and qualities.

What is important to you in a job? Discovering what truly motivates you?

The importance of a sense of purpose in career success.

Expanding your choices – what do you *really* want to do?

How to make a career doing what you love to do?

Keeping career and lifestyle in balance.

How to get yourself motivated to take action.

How to accelerate progress by aligning career with your personal identity.

Setting practical career goals in ways that will keep you on track.

The power of mental focus – using the power of your mind to succeed

### How Does the Workshop Run?

The workshop is full of practical activities that enable you to discover the solutions to your own specific career and lifestyle issues. There will be a mixture of inputs plus individual and small group work.

### What If I Attend?

You will have taken the first important step on a new journey. Picture yourself now taking control of your future career and feeling confident as you plan ahead for a successful future.