



# CAREER PLANNING & PROGRESSION

*To help you feel more confident about your career choices*

## Is your career heading in the right direction? You need a plan...

Whether you are in the early stages of your career or an experienced professional, join this 2-hour interactive workshop and learn how to set the course you want and take the steps to make it happen.



Our aim is to encourage goal setting and action so that you develop your talents and abilities and live the life you want. A career planning guide accompanies the workshop and provides activities designed to help your thinking. Invest in your future and join this facilitated discussion with a small group (up to 12) and experience support from people experiencing similar challenges.



### **By the end of the workshop you will be able to:**

- Define your values, interests, personality and skills (V.I.P.S.) & articulate these to others
- Define your current career challenge
- Research options
- Explore networking options to help you build and shape the career or job you want
- Apply effective job search strategies, including CV development & interviewing techniques