



# “Steer Your Own Career”

## An Interactive Workshop to set you on the right career path!

55% of Australians are unhappy in the workplace yet...

Most people spend more time planning their holidays than they do their careers!

You need to steer your own career because you cannot rely on others to look after you.

Did you know...The average person will change jobs 6.2 times in their working life.

This workshop follows a logical process to help you clarify your future.

You will assess:

### WHO YOU ARE

You will identify your skills, what motivates you, your personality, your values, your interests, your achievements

### WHERE DO YOU WANT TO GO?

Identifying the job that feels right for you., and the next steps you need to take

### HOW WILL YOU GET THERE?

Tools and strategies on how to reach your career objectives. You will leave with a personal action plan you can implement immediately - the first step to get you on the right career path

## Your facilitator:

### Glenda May

Glenda is a corporate trainer, career coach, facilitator and psychologist. Her goal is to help others become the very best they can be and enjoy their worklife.

She has extensive experience as a business coach and mentor and

has helped people in the following organisations: GE, AXA, ANZ, NAB, HP, PwC, BOC, CSL, Holden, Australia Post, Oxfam, State Government, Legal Practice Board.



## Course content:

- A Self-Audit
- Standing out in the interview
- Determining your transferable skills
- Write a winning resume and application
- Identifying values and interests
- Referees, mentors, and networking
- Analyse your personality
- Overcoming and anticipating obstacles
- Clarifying the right job for you
- Goal-setting and action plans

Bring along your resume and a suitable job position or advertisement so you will get the most out of the workshop. The workshop is conducted in an informal and mutually supportive environment.