

## CAREER PLANNING

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The very best career planning is that which you do yourself. Only you know what you enjoy doing professionally, where you gain satisfaction and what motivates you. Understanding yourself, your needs and your aspirations are key components to planning your career. In today's ever-changing world where job security is a thing of the past, you need to give more thought to your own future and what you want to do. Don't leave your career up to chance. Make it a matter of choice.

### Learning Objectives:

- Learn how to sell yourself by knowing yourself
- Understand a six step process to provide a disciplined approach to career planning
- Recognize barriers and how to overcome them
- Develop a network of support to implement your plan

### Who Should Attend:

Individuals who need a focused approach to planning their future career.

### How Will Participants Benefit:

- Have a better understanding of what one really likes and which positions best meet those criteria
- Gain focus and get results
- Overcome any fear of change by being prepared for it
- Create a personal action plan for an important part of your life

### Delivery Method:

Lecture, MBTI personality type assessment, exercises and group discussion

**Duration:** One day