

MANAGE YOUR CAREER JOURNEY COURSE OUTLINE

COURSE CONCEPT	<p>Your career journey is the life journey that includes all your jobs, experiences, and education/training that culminates in developing the unique person you are as you navigate your life path. As individuals change their career seven to ten times throughout their life, and with many jobs in between, your career journey requires flexibility and a holistic approach.</p> <p>Throughout your career journey, there will be important life influences that shape who you are and the decisions that you make. During your career and life journey, there will be self-awareness, a focus on your needs and skill and professional development to enhance your career.</p>
AUDIENCE	<p>For individuals who aim to achieve their career goals through work and learning, and attain personal well-being, and better relationships.</p>
AIM	<p>The course aims to support you in your career journey to make your goals happen and meet your career aspirations.</p>
COURSE CONTENT	<p>Setting the scene</p> <ul style="list-style-type: none"> • The changing nature of life, learning, and work • The context for professional mentoring and development • What is mentoring? How can it develop your practice? <p>Your career journey involves:</p> <ul style="list-style-type: none"> • Your professional self • Being an authentic self • Influences on your career • Career myths that can make your career decisions redundant • The four phases of the career journey • Your life purpose and your career • Your career orientation: Do you live to work or work to live? • A holistic approach to career development • Plan to succeed — plan your goals • Stages of career redundancy and retrenchment • Your career development <p>Your career aspiration</p> <ul style="list-style-type: none"> • The journey to career fulfilment • How to achieve career excellence: The range between BEST and average • Excuses that hold you back from achieving career goals • Build your resilience and reduce workplace stress

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COURSE CONTENT CONTINUED	<p>The modern workplace</p> <ul style="list-style-type: none"> • Careers in the 21st century • Employment patterns • What skills do employers seek? How do you measure up? • A career journey in the workplace — horizontal and vertical progression • The stages of career transition • Building your professional relationships • Your work ethic • Emotional intelligence • Professional networking
LEARNING OUTCOMES	<p>On completion of the program, you will be able to:</p> <ul style="list-style-type: none"> • Reflect and action your career development through the context of the changing nature of life, learning, and work in the modern workplace • Recognise the context for professional mentoring and development, and the benefits to your career • Develop self-knowledge as you view yourself from the perspectives of your core self, socially constructed self, your reforming and authentic self • Identify the influences on your career, career myths that have impacted on career decisions, and excuses that hold you back • Evaluate the four phases of your career journey • Reflect on your life purpose and career • Specify your career orientation: Do you live to work or work to live? • Develop your career with a holistic ‘whole person’ approach that incorporates work and learning, personal well-being, and relationships • Identify your career goals, the barriers that stand in the way of achieving your career goals, and develop strategies on how these can be overcome • Experience a holistic approach to career development to plan your life • Recognise the importance of career development for advancement and growth • Develop the skills of resilience and reduce workplace stress • Identify the skills that employers seek and self-evaluate how you measure up • Build your professional relationships through communication and networking • Develop emotional intelligence for work and life • Grow your professional network to broaden career opportunities

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LEARNING ACTIVITIES	<p>The online course consists of the theory with a range of interactive activities that include:</p> <ul style="list-style-type: none"> • Career mapping activities • Reflective activities • Questionnaires • View video clips with reflections of your learning • Case studies • Writing an Action Plan to achieve your career goals
DURATION	Self-paced learning, approximately 6 hours
ADDITIONAL PROFESSIONAL DEVELOPMENT	<p>If you have specific and challenging issues, we can further assist with optional coaching sessions in a one-to-one or a small group session.</p> <p>Upon completing your full course or individual course, we offer ongoing supervision in your practice through our Career Coaching and Training membership program.</p>
FURTHER INFORMATION	<p>careercoaching.training hello@careercoaching.training</p>