Career
Coaching • Training

MANAGING A SUCCESSFUL CAREER CHANGE COURSE OUTLINE	
COURSE CONCEPT	As our work and personal circumstances change, we may self-reflect to review our career goals, life direction, and skills to enable us to make a career transition into the next step. A transition is the close of one life stage and shift in career path, and the process of finding and moving into a new career. As individuals are at different life stages, our experience with making a career transition is personal. For some, the transition may be *voluntary* as we consciously decide to change. It may start years before taking the first step. For others, a transition can be *involuntary* as organisations downsize and globalise with moving jobs overseas. This sees employee retrenchment, which is often difficult for individuals and their families. It impacts an individual's psychological well-being, resulting in loss of confidence and self-esteem. The course will support you to explore career options to transition to your next step and provide you with confidence to create career success.
AUDIENCE	For individuals who are seeking to progress their career and manifest their career vision into reality.
AIM	Support your career vision, successfully transition into your next stage, manage setbacks, and move toward your goal.
COURSE CONTENT	Making a career transition • Your career responsibility • When to make a career change • Advantage/s and disadvantage/s of a career change • Tips for a career change • Your next steps to help you make a career transition Factors that influence career decision making • Strategies to support a career decision • Your career makeover to reinvent yourself • Pathways to occupational areas • How to face a challenge for a positive outcome The modern workplace • Careers in the 21st century • What skills do employers seek? How do you measure up? • A career journey in the workplace — horizontal and vertical progression • Building your professional relationships • Your work ethic • Emotional intelligence

	• Professional networking
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COURSE CONTENT CONTINUED	Your professional development • Lifelong learning — learning across the lifespan • Your learning styles • Your professional reflection • Taking action for the next step to achieve your potential • The last stage of your mentoring program • Action plan to implement your goals • Intention/commitment to action professional development
LEARNING OUTCOMES	On completion of the program, you will be able to: • Undertake an informed career decision • Create a career makeover that meets your career goals, identity and lifestyle • Face a challenge for a positive outcome • Undertake professional development to support your career transition • Design an action plan to action your professional development
LEARNING ACTIVITIES	The **online** course consists of the theory with a range of interactive activities that include: • 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	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. Upon completing your full course or individual course, we offer ongoing supervision in your practice through our Career Coaching and Training membership program.
FURTHER INFORMATION	careercoaching.training hello@careercoaching.training