

DYNAMICS OF LIFE CAREER DEVELOPMENT™

Introduction

Most people are interested in developing themselves and many do this through developing a career plan or path. Understanding who we really are – our personality, temperament, drives and natural talents – help us seek and find a rewarding job and possible career. This program aims to help people to achieve this through self assessment of all these traits so they recognize their behavioural preferences and what job or career suits them best.

A life-career plan requires that we must know ourselves – not only our values, vision, mission or purpose in life – but our strengths and resources needed to fulfil these. We need to establish priorities as well as allow for any constraints or resources that are lacking, especially mental or intellectual.

Learning Objectives

By the end of this program, participants will

- Understand how personality, gender and culture influence thinking, emotional and learning styles.
- Recognize a range of different thinking styles and types related to this program.
- Understand the main concepts and processes of life-career development.
- Have identified the key roles we might play in our lives and have matched them with core values and relevant goals and objectives.
- Know how to implement a life plan, using 10 specific action steps, and the 'SMARTER' formula for writing goals and plans
- Understand how life can be divided into number of stages, each with a transition and where life-carer planning fits in.
- Know the characteristics of human development and how we change with each transition from early childhood to late adulthood.
- Have assessed themselves in terms of motivation type – Achieving, Influencing and Affliative.
- Explore a set of work-career values to help discover a best-fit in of job or career
- Clarify personal values, vision and mission to identify where passions lie, in order to move forward in a career, that excites and energizes us
- Develop a personal development action plan to help turn vision into reality.

Workshop Contents

- Influence of Personality, Gender and Culture on Thinking and Learning
- Background To Life-Planning
- A SMARTER Life Action Plan
- Implementing Our Life Plan
- Stages Of Life Development
- Human Eras and Life Transition
- Traditional versus new career models
CREDO's Six Interest Clusters
- Other Interests and Aptitudes
- Selecting Job Preferences
- Funding Your Passions
- Revisiting Values, Vision and Mission
From Vision to Reality
- Personal Development Action Plan

Workshop Methodology

A key and unique feature of this workshop is that all participants will complete a personality traits survey form, resulting in a detailed personality profile. This will enable participant's to discover their own preferred cognitive and emotional styles, which in turn can strongly influence the dynamics of thinking and learning relating to this workshop

Workshop design incorporates a variety of methods to both stimulate active learning and appeal to the mix of participants preferred learning styles. Building on participant personality profiles, a number of interactive exercises, games and group discussion help them to understand the different thinking skills needed. Where appropriate, selected multimedia, video or power point visuals augment a comprehensive manual of notes. The workbooks are professionally laid out, appealing to the learner and capturing key learning points and post workshop actions.

Workshop Duration

This can be designed as a 1, 2 or more intensive 3 day workshop, subject to client's needs.

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