

Career Development Workshop - 'Your next job and beyond'
Newham University Hospital Trust
24 June 2011

Aims

The aim of the workshop is to provide you with the opportunity to stop reflect and take stock of your current employment situation in order to become more proactive in creating and/or managing your future work and career choices.

Objectives

By the end of the workshop delegates will:

- Have had the opportunity to reflect on your life and career history, choices and pathways
- Have identified your personal and career values and become aware of their impact on your current quality of work life and future career choices.
- Know and understand how to present yourself effectively to potential recruiters.
- Be aware of the range of selection methods currently in use and be provided with hints on how to improve your performance in the selection process.
- Be provided with a 'toolkit' to support the post course actions required to create or maintain momentum towards your career goals and aspirations.

Programme

09.30	Arrival, registration and refreshments
09.45	Welcome, Introductions and Workshop Overview
10.00	Where are you at? – raising awareness and understanding your current situation
10.20	What got you here? – a reflection on your life / career 'story'
11.00	Refreshment break
11.20	Challenges and Opportunities – integrating a 'values' based approach to your career development
12.15	Where do you want to be? – career development and goal setting
12.45	Lunch
13.30	The changing nature of organisations and work
13.45	CV's and applications
14.25	The importance and rules of Networking