

CAREER WORKSHOPS

"Career Crafting Based on a Skill and Value Coaching"

Trainer: Silke Oehrlein-Karpi

The focus of this workshop is on the elaboration and conscious perception of **one's own abilities, competences and values**. Topics dealt with include among others:

- Compilation, dialogue and storytelling of an individual life profile
- Defining one's individual core skills and personal core values
- Getting a general overview of possible strategies and career options
- Developing a life's vision and a plan A/plan B approach
- Understanding the relevance of self-marketing & networking for professional success
- Impulses and feedback on your own career planning

Through change of perspectives and the various possibilities for exchange and feedback, participants can collect ideas for further **career strategies**.

This one-day course will take place online from 9:00 to 13:00
on three different days.

16 + 19 + 20 November 2020

Registration until 23 October 2020

For more information on the course and registration contact ngc.mainz@gmail.com

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