



This fun, intensive workshop stimulates career thoughts and promotes self-awareness of career needs and wants.

The Career Health Check proposes that workplace satisfaction, engagement, and motivation are created through a combination of:

- Being in the right role;
- Finding the right team for your work style;
- Using the skills you would most like to use; and
- Working for the right organisation.

It also involves self-awareness and having a sense of balance and perspective between your work-life and out-of-work life.

This 2½ hour injection of reflection and analysis inspires you to re-evaluate several aspects of your working life.

For those currently implementing a career plan or with firm ideas for their career direction, the Career Health Check, is an opportunity to check in and assess if your identified career needs are still relevant today!

Who should attend

The Career Health Check is ideal for anyone considering the next stage of their career, currently implementing a career plan, or interested in assessing their levels of engagement in their current role.

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Outcomes

The Career Health Check is designed to increase your self-awareness and understanding of the elements that will lead to maximum workplace engagement:

Work Satisfiers

How satisfied are you in your current role and has that level of satisfaction changed recently? What elements could enhance your engagement, contribution, and possibly retention?

Worklife's [Work Satisfiers Card Sort Discovery Tool](#) is used to encourage reflection on your overall satisfaction related to:

- Hours and work conditions;
- Job content;
- Lifestyle preferences; and
- Work environment.

Facilitation

Worklife's Career Health Check is presented in a group setting as a fun, interactive, yet personal reflection session. Individual attention and question time are provided. Participants may choose to engage the services of a career coach for additional career support following the session.

This workshop is suitable to conduct as:

- A stand-alone workshop;
- Lunch 'n' Learn session; and/or
- Part of a conference or strategic planning session.

Maximum participants numbers: **40**

Duration

2½ hours.

Preferred Skills

An average worker spends more than 50% of their waking hours working. With this investment, it is crucial to enjoy what you do, and be good at it.

Worklife's [Preferred Skills Card Sort Discovery Tool](#) asks you to assess your levels of competence and enjoyment across a number of work-related skills. This provides the best indicators of future job satisfaction and continued satisfaction in your current role or an enhanced version of your current role.

