



Boost team member career resilience and self-reliance with this unique and flexible approach to career planning and development...

Business leaders agree that career and development meets a strong need for today's workers and that organisations that provide structured, well-planned, and supportive career planning initiatives have the best chance of attracting, engaging, and retaining the right people.

Worklife have researched, developed, and implemented career planning initiatives within organisations since the early 1980s and are experts in meeting the needs and expectations of team members.

Our **Career Lab** is a one-day careers-focused event that provides various career coaching strategies for your team members and can be used as a stand-alone offering, part of a careers event, or a regular feature of your HR and careers calendar. Seminars, self-paced activities, group workshops, and 1:1 career coaching appointments are all part of this event.

Worklife's Career Lab can refocus your team on career planning, support those already in control of their career, and inspire others to take control of their career.

Who should attend

Any team member, supervisor, manager, or executive who has an interest in their career and a desire to take more control of their career direction.

Facilitation

Mixed
Delivery

Duration

One-day or
multiple days

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What is Career Lab?

Worklife's Career Lab is a one-day careers event that is held at your office. During that day, Worklife's career coach is on hand to conduct:

- Mini career coaching seminars;
- Group self-discovery activities;
- 1:1 career coaching (by appointment); and
- Career networking events.

How Does Career Lab Work?

Worklife comes to your office with all the resources needed to run the lab. Each hour there is a new career-focussed event. Here's a sample agenda of what might be included:

7:30 am	Arrive and Set-up
8:00 am	Breakfast & Career Networking
9:00 am	Group activity – Card Sorting
10:00 am	Self-Paced Card Sorting; and 1:1 Career Coach Appointment
11:00 am	Self-Paced Card Sorting; and 1:1 Career Coach Appointment
Noon	Lunchtime seminar: Increasing Work Engagement
1:00 pm	Group activity – Card Sorting
2:00 pm	Self-Paced Card Sorting; and 1:1 Career Coach Appointment
3:00 pm	Self-Paced Card Sorting; and 1:1 Career Coach Appointment
4:00 pm	Group activity – Card Sorting
5:00 pm	Self-Paced Card Sorting; and 1:1 Career Coach Appointment
6:00 pm	Lab Closes

What's Required?

All we need from you are:

- A training room or secure, private room;
- Internet access for online activities;
- Support in marketing the event; and
- Team members...

Organisational Benefits

Career Lab doesn't replace other career planning interventions or career discussions with the manager. What Career Lab does is:

1. Caters for various learning styles;
2. Gives control of career planning to individuals;
3. Provides flexibility in career planning;
4. Reduces down-time for participants; and
5. Tailors career planning to individual needs.

Flexibility and Career Control

Career Lab provides flexibility for team members who are planning the next steps in their career:

One team member may prefer to discuss their career with someone outside the organisation...

...a 1:1 session with a career coach meets the need of this team member.

A second team member may like to complete one (or more) of Worklife's card sorting activities but can't attend a one-day workshop...

...in the Lab, card activities can be completed in group sessions, online, or using questionnaires, all in one hour.

A third team member may just want to be happier at work and doesn't know a lot about career planning and development...

...our lunchtime seminar is an excellent avenue for this team member to discover more about controlling of their career.

And, a fourth team member knows where they are heading and needs to schmooze with the right people...

...the careers breakfast and networking event may be the kick start that this team member's plans need.