



A successful career coach guides a client through a structured decision-making process that can positively impact their life forever.

Worklife's signature intervention, My Career Development Journey, takes participants on a structured and focused approach to planning the next stage of their careers, considering and investigating options, and determining what is important to them. Completion of five learning modules will produce a thoroughly researched career plan, ready for discussion with management and implementation. The modules include:

Prepare

Understand the benefits of career planning.

Discover

Tune into personal and work preferences.

Research and plan

Discover available options and complete a plan.

Implement

Develop additional skills needed to succeed.

Succeed

Enjoy successes, reflect on experiences, and plan review timelines.

Who should attend

Worklife's My Career Development Journey is suitable for all team members within an organisation including new starters who are planning first career steps, established contributors who need a new challenge, experts who seek greater responsibility and accountability, senior managers looking for work/life balance, and future leaders determining personal succession planning.

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Outcomes

As a result of attending this program, participants develop the following skills and knowledge:

- Career preferences;
- Current options;
- Decision making to refine career options;
- Documenting career development plans;
- Implementation of career strategies;
- Involvement of others in decision-making;
- Research methodologies and options;
- Understanding of preferred:
 - Skills
 - Values
 - Work satisfiers
 - Work settings
 - Work/life balance needs.

Flexibility

My Career Development Journey can be flexibly delivered to meet the specific needs of your organisation and team members:

Workbook

Worklife's self-paced workbook supports completion of the career development journey for those working in isolation or unable to attend a workshop. Completed activities are discussed with a manager or advisor.

Workshop

Worklife's two-day workshop is the ideal way to address career planning questions. Team members learn from each other and the face-to-face interaction with Worklife's facilitators.

