



# CAREER REBOOT (VIRTUAL)

## When you're ready to align your self and your work.

Gaining perspective on one's own career can be a challenge. This course is designed for those seeking new energy in their careers, whether by finding a new position or by finding refreshed satisfaction in their current role. Pre-work is provided, including assessments of work-related skills and aptitudes.

The program has been re-imagined to support virtual delivery. Two 90-minute sessions are scheduled over one or two days. The customised content balances retrospective and anticipatory work, using highly engaging exercises to reflect on your career path to date and develop strategies to apply that learning to future career choices.

### Sample modules and assessments:

- Career Phases
- Crafting a Touchstone
- Known Constraints
- Finding Your Why
- Work Done Right
- Start Inside
- Creating a Plan
- Activation & Accountability
  
- Gretchen Rubin's 4 Tendencies Framework
- The VIA Character Strengths Survey

### Investment level:

**\$650**

*This is a discount of 25% to the program's usual pricing, to recognize that many participants may be experiencing economic uncertainty at present.*

*"[The session] helped to clarify and enhance my own thoughts without feeling like they were no longer my own. There were times when you hit the nail on the head and read me so accurately that I was amazed I'd never come to those insights on my own!"*

*"The session did not at all feel "canned" or overly rehearsed, yet still came across as structured, well-planned, and organized."*

*"There were several "breakthrough" moments... which made me all the more thankful for a 1-on-1 session like this instead of more general career guidance and resources."*

*"The various sections... provide a really multi-dimensional way of approaching the topic, looking forward and backward with visioning exercises, tapping into feelings, getting into practical concerns, and concrete planning."*

### For more information:

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