

# **ACT-U-VATE CAREER AND PERSONAL DEVELOPMENT WORKSHOP FOR WOMEN**



**The workshop designed with women in mind**

*'Interesting & thought provoking - The concept of writing down goals for example although simple, I think may force me to tackle my fears & hopefully assist what feels like a stagnant career.'* – Senior Finance Officer, Housing Sector

## COURSE OUTLINE

The aim of this one day workshop is to support women looking to progress their career or considering a new direction. It will build confidence and esteem and provide clarity about their career and life choices. Participants can also benefit from optional follow-up coaching sessions.

<b>VALUES</b>	Values are traits or qualities that are important to you. They represent your highest priorities and deeply held driving forces. This session helps you identify your special value areas.
Your personal vision is what you want to be, do feel, think, own, associate with an impact by some date in the future. This session helps you create your vision	<b>VISION</b>
<b>VOCATION</b>	What skills and abilities and experience do you have? This session helps you identify your skills, accomplishments, areas for improvement
This session focuses on aspects of confidence, assertiveness, self belief, image and bringing balance to your life.	<b>VOICE</b>
<b>VICTORY</b>	This session helps you identify your unique selling point, create your personal mission statement and create a roadmap for your success.

***Who should attend:***

Women who want to eradicate self doubt and limiting beliefs; activate their career and personal aspirations and create a routemap for success.

***What you can expect::***

The workshop will be facilitated in a non-confrontational, interactive and participatory manner. Participants will bring a range of skills and experience which they will be encouraged and supported in sharing as part of the workshop.

Participants will be challenged to step out of their comfort zone and will be encourage to reflect on behaviours, intentions and response to their career and personal development.

***The outcome:***

As a result of attending the workshop participants will:

- Develop greater self awareness
- Identify blockers to career and life progression
- Capitalise on their unique skillset
- Create a career/personal development plan

***When:***

Wednesday 11 November 2009  
Monday 7 December 2009  
Wednesday 10 February 2010

***Where:***

Central London  
Manchester  
Central London  
**(venue to be advised)**

***Investment to you:***

Early bird - £335.00\* + VAT  
Standard rate - £375.00 + VAT  
Charities - £195.00 + VAT

***Booking details:***

Complete booking form and email to  
info@p31consulting.com  
tel: 0845 267 5931  
mob: 0793923 9053

\*bookings and payment to be made 30 days before course date.

***What next?***

Optional coaching session package = £750.00 per person (3 x 1.5 hours one to one coaching sessions)