



**These tried and proven workshops have adapted especially for the Higher and Further Education market. It is now a must for students to be fully equipped with the skills and competence for the workplace. In our experience, whilst many do well academically, they still may lack confidence, direction and 'know how' about how to fully equipped for the workplace. These courses are particularly designed for both UK and international students.**

### **Career Management**

It is becoming increasingly important for individuals to develop a career strategy in these uncertain times. The 'job for life' era is far behind us and leaving our career to chance is no longer an option. This taster workshop is for anyone who is considering their life and career options.

### **Cultivating Assertive Behaviours**

The aim of this workshop is to explore techniques to raise assertiveness and confidence of delegates in a variety of situations

This workshop will support attendees to understand the importance of assertiveness, especially in the workplace and how to increase their confidence.

### **Career Coaching**

Individuals will receive telephone or face to face coaching with an experienced coach. Coachees can expect increased motivation; develop clarity and achieve desired goals.

For more details contact

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