



Future-proof your career

There are no jobs for life anymore. This is not necessarily a bad thing because you won't remain the same person for the whole of your working life. But how on earth can you plan for the future when you don't know who you'll be or what you'll want and need?

How can you plan for your future career when you don't know who you'll be or what you'll want and need?

In this workshop we'll invite you to reflect on who you are in reference to the workplace, to identify your 'core values' and how these may help you make future career decisions. We'll help you review what you've achieved to date and examine any fulfilled ambitions to find clues to what may lie ahead and to help you prepare a life map.

Some of the aspects we'll consider are:

- your learning journey
- your values
- your achievements, challenges and motivation
- your skillset

We'll examine any unfulfilled ambitions for clues to what may lie ahead and put in place some mechanisms for periodically checking whether what you are doing is in support of who you are becoming.

What others have said:

*Best Career seminar/workshop I have attended!
 The initial activity of mapping our lives was really useful
 The focus on identifying core values was particularly helpful
 The trainer's personal examples were very motivational*

This is a 3-hour workshop suitable for early career researchers

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