Career Orientation – Course Programme

Day 1. Motivation, Priorities, Objectives
- Review of last year
- Exploration of energy givers
- Reflection on values
- Determination of priorities and goalsetting
- Putting word to what you want when it comes to your future job

Day 2. Skills
- Identification of (transferable) skills and qualities
- Identification of development areas
- Widening of horizon
- Determination of (development) steps

Day 3. Working environment
- Listing key aspects of working environment
- Discussing strategies for conquering a new job
- Paying attention to the importance of networking
- Practicing parts of a networking interview
- Guidelines for writing a motivation letter and CV

Day 4. CV and job interview
- Assessment of CV’s and motivation letters in committees of participants
- Discussion of STARR method and standard questions
- Practicing parts of a job interview
- Making a Personal Action Plan
- Evaluation

Individual coaching session
- Conversation of 1 hour according to the agenda of the participant
- Finetuning and determination the Personal Action Plan.