



Moving On?

Is it time to change the messages we seem to be hearing with every news bulletin? Losing and changing jobs is a becoming an increasingly serious issue. and people are increasingly looking for ways to stay positive, enhance their market potential and plan a positive future for themselves.

Our approach to moving on covers the following 6 areas:

Support - Develop support networks that work for you

Positive perspective - Develop a positive mindset/perspective on your world

Know yourself - Determine your own strengths

Goal setting and Planning - Explore your options, define your goals & plan your future

Selling yourself - Build your confidence, look at others' perceptions of you

Skills and tools - Develop the tools you need to move on to a better future

Moving On

...facing up to change



Do you find yourself having to face up to major changes in your life or career? Have you had or chosen to take a different path? This workshop has been designed to help anyone who finds themselves making significant changes in their lives and careers. This 2 day workshop will give you the opportunity to:

- Work with others in similar situations to yourself
- Determine your own strengths
- Explore your options and define your goals
- Plan your future
- Build your confidence
- Develop a positive mindset/perspective on your world
- Develop the tools you need to move on to a better future

Research has proven that positive thinking and planning have a huge impact on the success of individuals in challenging situations.

Topics:

- Stories of success – motivating yourself
- Exploring your personal strengths – using SDI (Strength Deployment Indicator)
- Positive thinking – 're-framing'
- Developing the language of success
- Options and reality
- Setting goals, planning and managing your future
- Building your confidence
- Selling yourself
- Interview skills

If you are an employer...

5 good reasons to give support if you have had to lose any of your people

- Demonstrate that you genuinely value people
- Reduce stress
- Maintain good relationships with all your staff
- Improve remaining employees' morale
- Demonstrate an investment in people with tax advantages for your organisation

Please contact Jane Hooper on 01962 774077 or on jane.hooper@stepchangetraining.com for details of dates and costs