



Become empowered and motivated to succeed in your own personal journey!

Program Outline – all modules

Overview and outcome

The workshop provides participants with:

- the knowledge to empower themselves and assist with identifying what personal goals and/or study or career path they should focus towards and how to achieve those goals
- skills and tools in motivation, positive thinking and action planning
- learning to assist them to self-author and self-manage their own life and decisions, to take responsibility and enhance success and commitment in all areas of their life and work (utilising support from other groups and individuals, and initiatives).

Sessions are interactive, hands on and process driven, guided by the facilitator (and support as required by your organisation) with real examples and activities, focussed to each participant's key needs, goals, abilities and associated factors.

Participants can be subsequently supported by online self-paced training and facilitator/support group contact and other initiatives, organisations and individuals (as applicable to the Program final design).

Worksheets are provided in template form to enable them to repeat their own self reviews in the future.

All participants receive a complimentary copy (PDF and soft cover) of Take Charge: How can it get better than this? to assist them in the workshops and future self-reviews.

Duration

Six hours (depending on approved content as identified during the design phase)

Participants

Ages 15+

Prerequisites

Ability to speak and write English.

Support people required to attend delivery

- At least one stakeholder from your supporting organisation and others as required and approved.

Content

- Life has no limits - Overcome blocks, fears and limits in thinking.
- Know yourself - Understand your own uniqueness and realise your unknown potential.
- Identify your goals! - Obtain the skills to identify your own goals and career path to excel by knowing and using your natural abilities and skillsets, and how to prioritise and review those goals throughout your life.
- Step by Step – planning and taking action, keeping focussed and re-evaluating.
- Time Management skills – how time affects your goals.
- Optional - Using Technology to collaborate globally, increase marketing and networks, obtain support and knowledge (overview only – separate workshops available for detailed instruction)
- Help is always there –
 - Know where and how to obtain your needs, support and mentorship to achieve your goals.
 - Post course follow-up and online support available remotely using eLearning tools and support (if required, and as identified with your organisation as a separate project).

Note: This is not an accredited course. Facilitators will provide guidance, tools and support for the course outcome. The course is intended to compliment career training and other initiatives as provided by the organisation.