

## **Exploring your Employment Options – A Personal Development Programme from KJ Consulting Services**

This training programme is aimed at newly unemployed professionals going through the change process, who are interested self development and are looking for new employment.

Through direct teaching and facilitation you will:

1. Understand the process involved in Personal Development Planning and the different development options open to you as an individual.
2. Carry out self-assessment through creating a personal profile, discovering your learning styles and using the information to develop future plans.
3. Critically analyse your present status (where am I?) and future plans (where I want to be) and how to get there (action planning).
4. Explore issues that can either support or hinder your personal development plans.
5. Understand the impact of interpersonal skills on personal development and effectiveness, i.e. communication, assertiveness, managing impressions and team building.
6. Be involved in a creative thinking process by sharing ideas, information and best practice.

If you think this FREE training is for you, then please fill out the attached Pre- Training Evaluation sheet so that KJ Consultancy can assess the make up and needs of the group before training begins.