

Career Planning Overview

Overview:

This is a practical workshop designed for people who are going through organisational change or want to review how to best manage their career in the NHS. With the increased amount of continuous change in the NHS, this workshop offers time to reflect on your skills and ability to adapt and be attractive to possible new opportunities.

Content:

This workshop aims to enable you to:

- Explore the impact of organisational change on yourself and apply basic coping mechanisms
- be able to put together a plan to take you to the next stage of your work life
- know how and where to job search
- be able to identify the required components of a CV and an application form
- Understand and practice interview 'best practice'
- Understand the role of networking in finding your next role
- Consider a range of options as an alternative to getting another job

Who should attend this session:

Anyone who is going through change and whose role may be at risk

Benefits to you and your organisation:

- Clarity about your options for the future and a plan of action
- Improved confidence in your ability to secure a new role
- Time to reflect on your skills and strengths

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