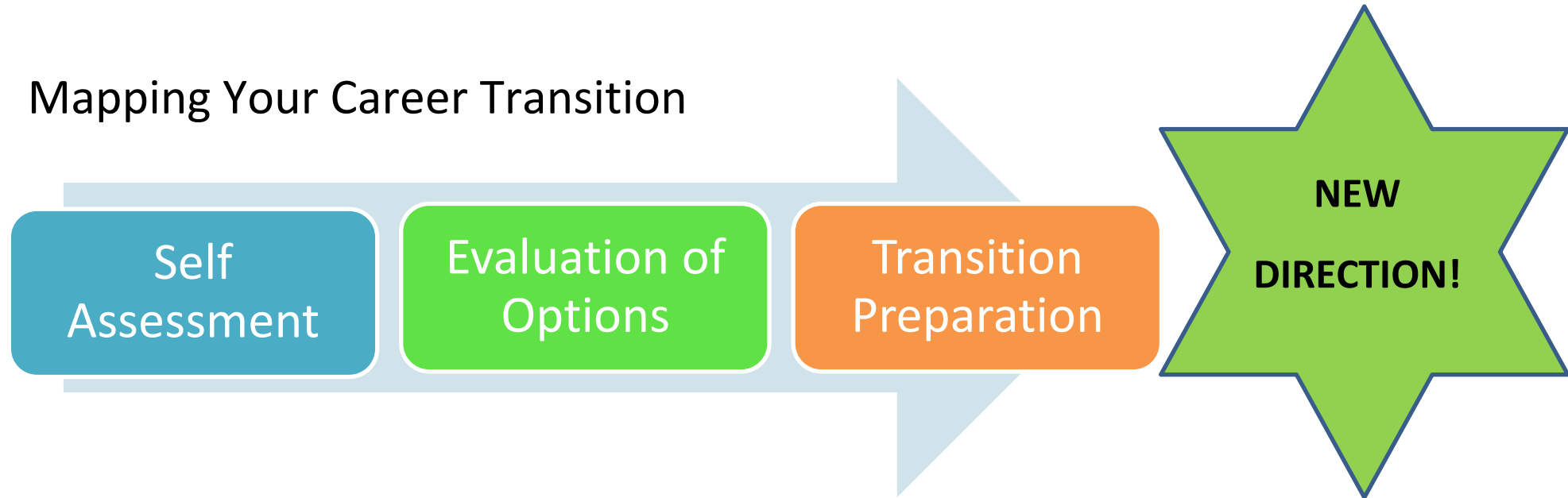


Mapping Your Career Transition



Self-Assessment can include some of the following:-	Synthesising of information from self-assessment and evaluation of options.	Transition Preparation
<ul style="list-style-type: none"> • My Story to here – influences & life context 	<ul style="list-style-type: none"> • Summary of exploration 	<ul style="list-style-type: none"> • Training and development commitment
<ul style="list-style-type: none"> • Personality preferences 	<ul style="list-style-type: none"> • Insights & themes identified 	<ul style="list-style-type: none"> • Targeted CV created
<ul style="list-style-type: none"> • 360 degree feedback 	<ul style="list-style-type: none"> • Limiting factors explored 	<ul style="list-style-type: none"> • Networking for visibility
<ul style="list-style-type: none"> • Identifying personal and career values 	<ul style="list-style-type: none"> • Ideal roles and Industries 	<ul style="list-style-type: none"> • Job Search tools
<ul style="list-style-type: none"> • Evaluation of skills and Interests 	<ul style="list-style-type: none"> • Workplace scenarios and conditions of work identified 	<ul style="list-style-type: none"> • Interview preparation and practice
<ul style="list-style-type: none"> • Identifying aspirations and checking for congruence 	<ul style="list-style-type: none"> • Research 	<ul style="list-style-type: none"> • Negotiation of salary and conditions
<ul style="list-style-type: none"> • GREATER SENSE OF SELF 	<ul style="list-style-type: none"> • REALITY TESTING - DECISION 	<ul style="list-style-type: none"> • NEW CAREER DIRECTION