



Career Crossroads: Flexible Programme

This course is for those employees or business leaders who want to develop a specific plan to change their career direction. It is to gain the knowledge and understanding needed to achieve change in your life. It is specifically for people at any stage of their career plans from considering future changes, needing a new role, exploring self-employment through to portfolio careers and exit planning to help you create or develop a strategy that works for your circumstances.

We will explore key principles of personal awareness, how personal strategy works, mindset tools and energy boosters and drainers as self-management, external relationship and career development tools. We will help you choose your personal strategy and develop systems to action plan, review your progress and implement change.

Flexible programme including planning resources:

These options include support for you to:

- Understand the impact of your thoughts on all areas of your life
- Recognise your behaviours, strengths and impact
- Develop and assess your own awareness skills
- Create and develop an effective positive culture within yourself
- Find and develop the right external contacts
- Source and enjoy your chosen work

Key training areas include:

- Professional Networking and LinkedIn
- CV/Bio/Marketing
- People skills around developing positive relationships and avoiding stress
- Self-analysis techniques to understand your own style and strengths
- Interviews, public speaking, pitching
- Brain training best practice in relation to your circumstances
- Business confidence and resilience

The way we work with you can include a mixture mentoring, guidance, training, profiling tools, networking and external introductions.

To find out more information about costs and how to book, please contact Jackie:

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By phone: 07841 741384

Via our website: www.leapfrogmountain.com/contact.html