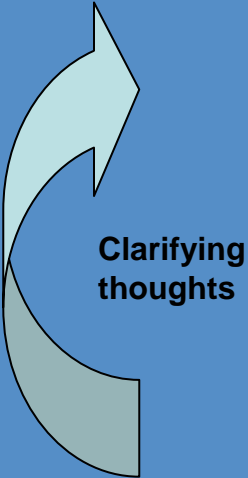
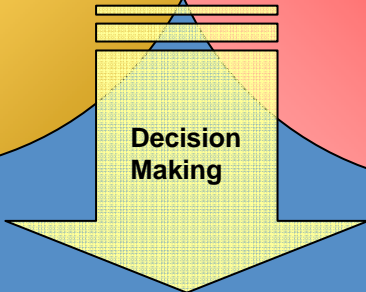
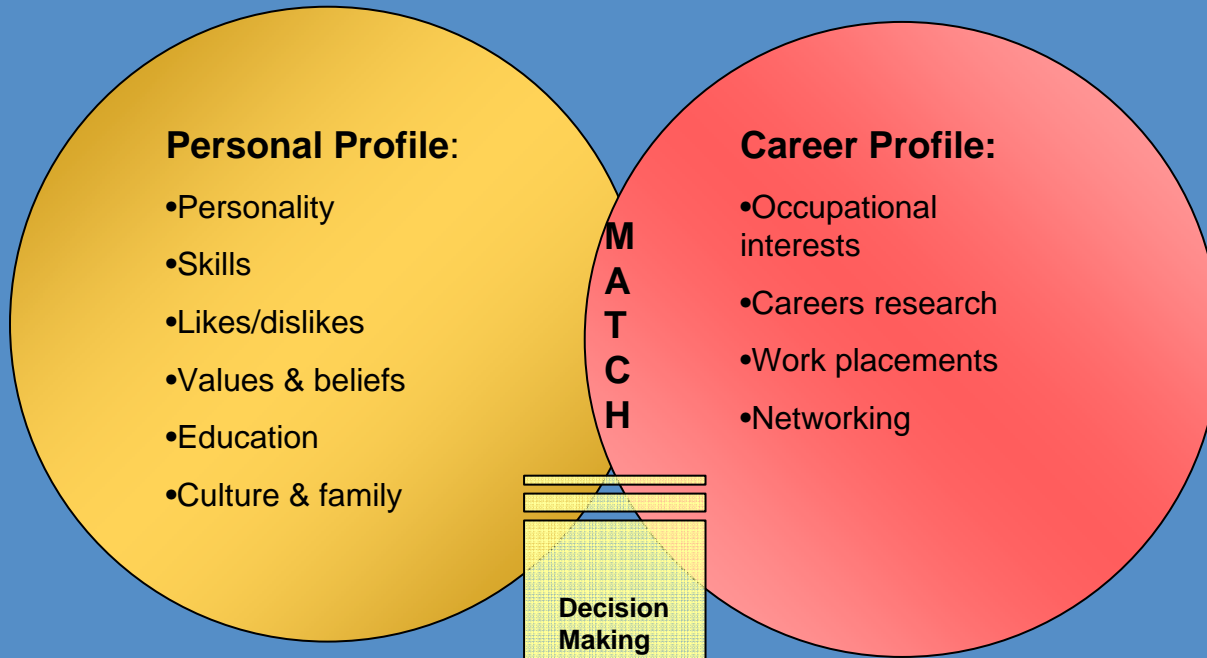




Performance Lifestyle – Career Development Process



Develop long term career plan:

- Highlight main career interests & manage expectations
- Identify skill development needed
 - CV writing
 - Interview skills



Performance Lifestyle – Career Development Process

Personal Profile:
 What aspects to contain?
 Think about different types of jobs.
 Do some research and experience different environments before deciding what to do.

- Personality
- Skills
- Likes/dislikes
- Values & beliefs
- Education
- Culture & family

Career Profile: both internal and external influences. Think about what is important to this person.
 Use tools such as psychometric tests, values cards etc.
 Careers research

- Work placements
- Networking

MATCH

Decision Making

Once you have decided on your long term goal, you can then break it down into stages needed to achieve this goal.

- Do you need to do extra study?
- Have you got a CV developed?
- Do you know how to search for a job?
- Are you prepared for interviews?

Develop long term career plan:

- Highlight main career interests & manage expectations
- Identify skill development needed
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 - Interview skills

Changing Opportunities

