



C H A N G E M A T T E R S

CAREER/LIFE PLANNING WORKSHOP

AIMS

To enable delegates to review their career direction and take more control over their life or career by:

- Identifying personal goals and options
- Identifying personal aptitudes, skills, values and needs.
- Working on personal barriers to change
- Developing a personal life or career plan

PARTICIPANTS

This programme was developed for senior doctors and other clinicians who were frustrated with their present role. It enabled individuals to review their career or their life, change direction or confirm that they were in the right job but needed to develop it in some way.

CONTENT

This was a highly participative workshop where participants were encouraged to take responsibility for their future planning. In essence delegates will be answering a number of questions:

- How do I take control of my life and my career?
- Where am I now?
- Who am I?
- Where do I want to get to?
- What do I need to do to get there?

Each person worked on areas that were important to them, using questionnaires, exercises, and other analytical tools.