

TRAINING PROVIDER	
Singapore Professionals' and Executives' Cooperative Limited	
COURSE INFORMATION:	
Course Title	Unblock Inner Blockages to a Successful and Fulfilling Career
Language	English
Course Duration	1 day (7 hours / 9am to 5pm)
COURSE OUTLINE:	
Course Overview & Objectives	<p>If you ever felt stuck midway through your career, you are not alone. Maybe you find that your work is longer meaningful, or your values and interests have changed or because your industry has drastically evolved. Hence when career roadblocks crop up, you need concrete ways to circumvent them.</p> <p>Through this workshop participants will learn what common career mistakes can trip you and how to overcome them with some proactive work and how tackle their current job (and future jobs) with renewed perspective and purpose.</p>
Key Topics Covered	<p>The course explores the following in depth:</p> <ul style="list-style-type: none"> • Conscious factors affecting our career • Seeing from another perspective • Other factors affecting our career • Systemic constellation methodology used for this workshop • Generic career overview • Customized individual solution • Understanding career and me • Resources to fulfilling career • Reflection on ones' career • Action plan • Accountability check • Further resources available
Learning Outcomes	<p>Upon successful completion of this interactive and experiential workshop, people who are stuck in their career or wish to find fulfilment in their careers will find sustainable solutions to re- focus and plan their next move in career development. It will also provide clarity to young adults entering the workforce to better plan their career paths.</p>
Learning Methodology	<p>This workshop will enable participants to self-analyse in relation to their careers and participate in group discussions on certain concepts. Participants will have the opportunity to learn from others' experiences and different views, as well as through observing others, providing, and receiving feedback, self-reflection and action planning.</p>

Who Should Attend	This workshop will be helpful for those who are in difficult juncture in their life and career whether they are working adults stuck in their careers and looking for more career fulfilment or young adults entering the workforce but facing the dilemma of career choice.
--------------------------	--