



Energise "Steer your career" workshop

Who's the workshop for?

We specialise in career change. Our customers are executives and professionals who:

- Want to change career direction
- Need to change career due to job shortage
- Dislike marketing themselves or networking
- Lack confidence/self awareness about their talents
- Need help setting up a business
- Have too many options/ideas and need focus

Workshop dates:

1. 10-4 Wednesday 15 September 2010
2. 10-4 Wednesday 29 September 2010
3. 10-4 Monday 11 October 2010
4. 10-4 Tuesday 9 November 2010
5. 10-4 Wednesday 24 November 2010
6. 10-4 Wednesday 8 December 2010



Benefits of workshop

- **Designed** to participants' needs and wants
- **Clarity** on transferable skills
- **Confidence** to market yourself and network
- **New ideas** and career directions
- **Understanding** about your unique brand and **self belief**
- Benefit from experience of **two career experts**
- **Support** - **35 career guides** as follow up, useful tools and CV templates and examples

Workshop details

- o 6 hour workshop with pre workshop exercises
- o Energise are specialists in career change
- o 2 career expert facilitators
- o workshops each month at The Bell Hotel, Market Street, Charlbury, Oxfordshire OX7 3PP. Charlbury is on The Great Malvern line with trains from Reading, Oxford and Slough etc.
- o £99 + VAT = £116.32 payable in advance



What we cover in the workshop

- o Data on growth markets and what employers are looking for
- o Tips on CVs, networking and marketing yourself
- o Exercises to identify what your transferable skills are and where they could be used
- o Identification of personal values
- o Reflection on career to date to identify insights to inform future decisions
- o Ideas about new careers and options
- o Sharing and discussion of feelings about change and how to overcome blocks
- o Creation of a clear career goal and step by step plan to achieve it
- o Follow up includes 35 career guides, CV templates and examples and useful exercises to build self awareness, confidence and competence

Testimonials

"Excellent; invigorating and very useful insights and practical advice and tools to use. Best workshop I have attended on career invigoration." Leslie Sopp

"The workshop was an excellent forum, with a day's worth of extremely helpful exercises, advice, presentations and encouragement." Victoria Cliff-Hodges

"Not to be missed. Helped me to look at what's ahead of me in a positive vein!" Chris Grady

"Fantastic day! Very well delivered. An extremely worthwhile, useful and valuable day. Would recommend to anybody." Simon Leung



Success stories

Hannah Smith was a commercial lawyer. We helped her reinvent herself, restructure her CV and she is now a trainee company secretary with the NHS with great work life balance.

Tony Shaw Williams got a great contract as a result of redesigning his CV including 'key words' for his profession.

Suzette Sharmer was a director in education, we helped her identify what work she was passionate about. She is now a policies and initiatives manager doing interim work for a housing association with just a 20 mins commute.

Carey Pridgeon has set up a business with the idea for it coming directly from our workshop

About Energise

- Established 13 years
- 2 facilitators; Rachel Brushfield and Lesley Reader, who have 50 years experience to share, including private sector, public sector and charity sector, plus interim, freelance and portfolio working
- Specialists in liberating talent; career change for individuals AND talent management for companies so we are uniquely positioned to help our customers identify a new direction that meets employers' needs and emerging jobs and careers
- We keep up to date with work trends and careers and jobs data
- Based in Charlbury, Oxfordshire
- Background in marketing, branding and change

Want to book or receive more information? Call Lesley Reader on 07725 655320 or e mail lesley@lesleyreader.co.uk