



## Ready Set Go!

### A workshop program for re-invigorating Job Seekers who have lost confidence in their Job Search

Its really hard to stay focused on goals and motivated when you have been unemployed for a while. Most people loose perspective on the task of finding a job after a few months of Job Search. This program is about reinvigorating job seekers in the quest to find employment. The program helps participants to re-focus on their job search goals, reassess their attitudes and identify issues that may be holding them back from achieving employment.

#### Some of the topics we'll cover include:

- ✓ Career Goals - setting or reviewing basic career goals
- ✓ Identifying the difference between short and long term goals
- ✓ Assessing your own Job Search strategies and identify areas for improvement
- ✓ Conscious and unconscious barriers we create that block our success
- ✓ Assess the reasons why some people sabotage their own lives
- ✓ Identify how self esteem impacts job search (the revolving circle)
- ✓ Self Talk - how negative or positive Self Talk controls the path our lives take
- ✓ Strategies for improving Self Talk
- ✓ How exercise can help create positive changes to our thoughts and moods
- ✓ Stress - Maintaining healthy levels of stress and managing high stress
- ✓ Fear Motivation Vs Desire Motivation
- ✓ Being motivated by Desire - focusing on positives
- ✓ Identifying the characteristics of successful people
- ✓ DISC Behavioural Analysis - brief behavioral analysis of all participants
- ✓ Identify the value of creativity in the workplace
- ✓ Identify the expectations prospective employers will have of you in the work environment
- ✓ The importance of Attitude in your job search



#### Details:

- ✓ 9.30am - 4.00pm (over 3 days) OR
- ✓ 9.30am - 12.30am (over 6 days)
- ✓ **\$300** per participant (+GST)
- ✓ Minimum 10 (Sydney Metro)
- ✓ Delivered on your site, or in our Training Rooms (if convenient)

**Contact us for more information!**  
Call (02)4722 2012 and ask for Caitlin or Sharron