

Dream Career Group Coaching: Week-by-Week Contents

Week 1: Getting started

What is most important to you? What do you most value? Starting to think big, setting your first actions to get moving now.

Week 2: Getting behind what I love

Dream careers are all about doing what you love. So, what do you love doing? A range of bespoke exercises draw out your passions, and we also look at what you do 'naturally'.

Week 3: Identifying dream career options

Tap into your experience, and bring the previous weeks together to identify new fields of exploration. Start to explore these fields to make things happen!

Week 4: Me at my best (what I have to offer)

We all know our shortfalls, but how much do you know about what you do have to offer? If you don't know that, can you expect an potential employer or a client to do it for you? So here we look at you at your best. Identify your achievements and strengths and draw out your skills and experience. Plus identify your 'support crew' – those around you who bring out the best in you and encourage you to move forward.

In this phase people make new and unexpected discoveries about how much more they really have to offer!

Week 5: Bringing it together

Here you draw it all together to summarise what you bring to the table, and make a statement about what constitutes your dream career.

Week 6: Strategy

Now you take a look at practicalities: what are your parameters in terms of time and money? What can you do about this? At the end of this session you set goals to take action on to make your dream career a reality!

Week 7: Moving forward

Here we look at how you can formulate your dream job strategy and present yourself for your dream career. You get Career Revolution's top advice on presenting yourself (your brand and personal statement) and other elements crucial for a successful move to a new career that you love. Get started on your new life in 2010!