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# Kick Start Your Career- A Career Transition & Development Workshop FETAC Level 3

### Overview

This innovative new Career Information course will look at motivating factors, obstacles to career progression and ways of finding work. This course will also provide you with information on supports available to you and how best to use them. It will also look at the supports available to you and how best to use them.

Our Fetac accredited "Career Information" workshop will help you discover and unleash your full potential on your Personal and Career Choices.

#### Benefits:

- Identify an appropriate Career Plan
- How to overcome obstacles and achieve your Goals
- Cope with the current economic climate
- Increased motivation
- How to cope with change and adapt to it
- Identify areas to investigate in relation to local employment and business opportunities
- Identify tactics and strategies to help you stand out from the crowd
- A clear understanding of supports that are available and how best to use them

## **Course Content:**

- Motivation and Life Coaching in relation to current situation
- Change Management and Re-focus in the Recession
- Knowing your Rights and Responsibilities and Opportunities in working, also identify personal obstacles to Work
- Developing an Awareness and help to research local opportunity action plan in relation to Work, Education and Training
- Identifying Relevant Support structures available

## **Accreditation**

Upon successful completion of this course participants will receive a Fetac Level 3 Career Information Certificate

To book a place on this course, call our booking line on +353 (046) 9249618 or e-mail info@midasgroup.ie or book online