



CAREER TURNAROUND COURSE



COURSE OVERVIEW:

Are you feeling emotionally drained, spiritually disconnected, or physically exhausted from your workplace experience?

Career Turnaround is an 8-week transformative journey designed to help you reclaim your power, rebuild your confidence, and set boundaries for a healthier, more fulfilling professional life. This course empowers you to rise above challenges and cultivate resilience, self-awareness, and emotional well-being.

WHO WILL BENEFIT FROM THIS COURSE:

The 8-week **Career Turnaround** course is designed for the following individuals:

- Corporate professionals currently navigating challenging workplace dynamics
- Individuals recovering from past experiences in unhealthy work environments
- Anyone looking to foster resilience and emotional strength in their professional life
- Professionals that want to take their career to the next level

WEEKLY EXPECTATIONS:

Week 1: Career Discovery Pondering Questions

21 thoughtful questions designed to stimulate your thinking and help you look for threads and patterns that run throughout your life.

Week 2: Career Values Identification

This guide helps you identify what's most important to you in your work life. Make sure that your work aligns with your values.



Week 3: Personal SWOT Analysis

SWOT Analysis is a commonly used tool in Business to identify organizational or team Strengths, Weaknesses and drive out Opportunities and Threats. But did you know you can also do your own personal SWOT analysis?

Week 4: Boost Your Strengths

Culturally we tend to focus on fixing weaknesses – but our opportunity for greatest improvement and growth is not by improving our weaknesses but boosting our strengths.

Week 5: Weakness Zapper

Using 5 different strategies to overcome your weaknesses, we apply them to our weaknesses because we still must deal with performance reviews and our own inner critic.

Week 6: Reclaim Your Power At Work

We all have feelings while working – it's where most of us spend our prime years and the bulk of our time. These feelings change over time and can be anywhere between misery and ecstasy. In order to make changes in your career it helps to understand what you enjoy, and what you don't.

Week 7: The power of "NO"

Do you want more time to yourself? Do you want to be more assertive? You will continue to be stressed and overwhelmed – and your goals and priorities will suffer – until you learn to say "No!"

Week 8: 360 Degree Feedback

We know our obvious "Strengths" and "Weaknesses", but how do other people see you? What about your blind spots – hidden talents or shortcomings you're not aware of?



ADDITIONAL RESOURCES:

In addition to the structured weekly curriculum, personalized exercises and resources will be made available based on the specific topics and challenges discussed during coaching sessions. These tailored materials are designed to provide extra support and guidance, ensuring a more individualized and impactful experience.

COURSE OUTCOME:

By the end of the 8-week course, you will:

- Learn more about how you see your career
 - Have a clear view of your values
 - Know your strengths, weaknesses, opportunities and threats
 - Learn how to boost your strengths and make your weaknesses work for you
 - Learn how to reclaim your power at work
 - Learn to say NO and take your power back
 - Get to see how others see the real YOU
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