



Sweet Spot Careers
www.careerredesign.com.au

Section 1 Introduction to Course

Lecture 3 Document

What's Included In This Course?

This document outlines what's included in this course and some suggestions on the best way to get most value from it.

If you're a fan of left brain/right brain types of thinking when problem solving, then you are going to get a lot out of this course. The course is deliberately made up of left brain logical and objective theory as well as right brain intuitive, creative and reflective activities.

The course can be firstly used as a manual, to assist you to find the core elements of a fulfilling career, work out what are you actually looking for and what are the pay-offs and choices you'll make to achieve this.

The methodology created especially for this course is easy to follow and is translated into a seven-step process to:

- Assist to understand the significance of the psychology of transition,
- Engage through activity based learning with over 40 activities to get clarity on your desires, abilities, temperament and assets,
- Identify risks, challenges and fears and how to overcome these,
- Identify enablers to support a career transition,
- Demonstrate how to create strategies with simple planning approaches,
- Get started with side project activities,
- Reinforce the importance of staying on track.

The best way to get value from this course

It's suggested that to undertake the course in the order of the sections and then go back and dip into the lectures that have resonated for you. Have a go at each of the activities, but if they don't work for you, then leave them and return to them at a later date.

There are a variety of activities included throughout the course to help you find the ones that will help unlock hidden ideas or at least bring them further to the surface.

This course is not trying to represent career change as an easy stepwise process. If a career change were easy you would have found the resources to make the change by now.

What is known is known is that a key to redesigning your career is the degree of motivation you apply to the process.

If you want something it will show up in what you put into it. Your success depends as much on your own continued motivation and energy as it does on other internal factors or external forces. That means applying the advice, trying on new behaviours and stretching in sometimes uncomfortable ways.

This course will help you understand the cycles of midlife, the emotions of fear about change, some clues to help get through the transition with one overriding message: go with it, you'll be okay and above all don't over think it, just ensure you act.

Track where you're at any time in the course with this seven- step model:

