

Title: Self-reflection exercises for career development.			
Overview / Session Description	This workshop will take participants through a series of self-reflection exercises to allow them to identify the type of roles best suited to them, what their motivators are, tools for undertaking a skills audit and creating a personal development plan.		
Audience	Technicians from the 8 MI partner institutions		
Duration	1 hour		
Session details	Dates: 28 th July (11am – 12pm), 3 rd August (2pm – 3pm)		
Session Aim(s) and Objectives	<ul style="list-style-type: none"> • How personality type can influence they type of role best suited to an individual. • How to undertake a skills audit and identify strengths and weaknesses. • How to use a personal development plan as a tool to address any skills gaps 		
Key Learning Outcomes	<ul style="list-style-type: none"> • How to approach career planning using self-reflection tools • How to undertake self-reflection • How to create short-, medium- and long-term career goals 		
Structure of the session and key activities for participants	<ul style="list-style-type: none"> • Formal 60-minute workshop • Breakout sessions 		
Minimum number of bookings required	4	Maximum number of bookings	20 per session
Delivery mode	Online / virtual session using Zoom		
Session requirements	<ul style="list-style-type: none"> • Internet access required • Computer with mic and camera Attendees will need access to a computer/ laptop. The Zoom link will be sent prior to the session		
Pre-work / post-work requirements	Pre-work: To read / prepare relevant materials, if applicable - will be no more than 30 mins pre-work. Post-work: Complete feedback form		
How to book	Sign up to our training courses here		
Course facilitator	Michelle Jackson		
Related session	Not applicable.		