

Career Fit Workshop

Boost career ownership and agility

Want your team to own their careers? Do they actually have the skills?

Need to shift your talent culture towards more self-management and open career dialogues? Need to drive career mobility and employability agendas within your Company?

Careers today are dynamic, unpredictable, and unique. The changing global economic landscape demands careers that not only survive but thrive over time, providing continuity and meaning across various life stages and job contexts. Therefore, it becomes increasingly important that individuals have a clear career vision, know what they want, and develop the necessary career skills to achieve it.

The Career Fit workshop is based on the latest research on sustainable careers, career self-management and subjective career success. It is designed to make your people fit and agile for today's dynamic work and organizational landscape. They learn how to self-steer their careers to remain motivated and energised while maintaining their productivity and employability.

What participants will gain from the training.

Participants deepen their awareness on what truly drives their career satisfaction and success. They gain insights on their career management skills, what is enabling or limiting them to advance their careers and what they can do about it. They define practical development steps to shape and steer their own careers in line with what your Company offers.



Refreshed view

A refreshed view about what 21st Century careers entail



Awareness

Increased awareness about their own motivations and energy givers



Insights

New insights into their personal career skills make people fit for today's dynamic labour market, using evidence-based career tooling of TalentLogiQs



Shape and steer

Practical development steps to shape and steer their own career leveraging the internal programs and resources offered by your Company

Program structure

Delivery Format:

In person or Online facilitator-led

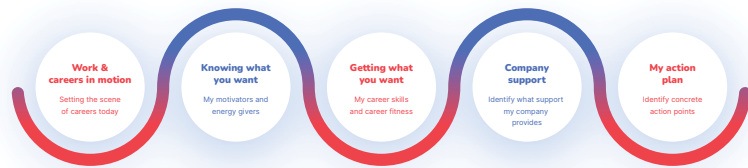
Duration:

3.5 hours

Assessments:

Career Fitness Profiler

Modules



Assessments:

Career Fitness Profiler

Participants go through an evidence-based assessment developed by Talent LogiQs, a spin-off of the University of Antwerp. The highly visual report provides participants with clear insights on 3 scientifically validated models:



Career Values

What truly drives personal career satisfaction and success



Career Attitudes

The attitudes required to take control of one's own career



Energy-stress balance

How does current work impact motivational capacity and coping resources.

Who should attend this training?

- ✓ Anyone concerned by their professional growth and wondering how to drive their career forward
- ✓ Professionals experiencing changes and instability in their work or life context
- ✓ Individuals in autopilot in their careers who need a "wake-up call"
- ✓ Young Talents starting a Development Journey that will lead them to career choices
- ✓ Individuals facing a reorganization and whose position might be affected
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