

CAREER COMPASS WORKSHOP

Lisa Cox D.Phil, PMP, INLPTA (Dip)

OVERVIEW OF COURSE

Identifying a job role for which you are a 'good fit' is key to making a successful job application, and satisfaction in your career. By focussing towards aspects of work that you enjoy, you will be targeting appropriate job applications, that you feel excited by, and committed to. This will result in better preparation for these applications, enthusiasm in the interview, higher success rate in applications, and higher job satisfaction when you get the job!

Identifying that ideal job role can be challenging, and must take into account multiple factors- employment sector, job role, and contextual factors such as location and team size. This course uses a range of exercises to help you to understand the factors that are important to you in your career, and set the specification for your ideal job. It also teaches you how to plan ahead to gain the skills, experience and network for a successful application for that role.

Throughout the course, I use insights from my career in diverse scientific and managerial roles to help you to develop exciting, but realistic aspirations for your career and to enable you to make a successful job application.

COURSE CONTENT

- Identify what employment sectors interest you most, which activities you most enjoy, and what contextual situations you would like to work in; use these to define your 'ideal job spec'
- Understand the profiles of different job roles in Industry: how these suit different personality types, and how to assess these vs your 'ideal job spec'
- How to plan your career proactively to gain skills and experience that differentiate you from your peers
- Networking: how to meet relevant contacts, and how they can help you
- Recruitment practices- how to optimise your chance of getting an interview
- Timelines- the project starts now!

MY BACKGROUND

- Life Compass Consulting Ltd. Career workshops and coaching for individuals.
- 22 year career in diverse scientific and managerial roles at AstraZeneca. This includes a role where I enabled >500 individuals facing redundancy to make career choices and increase their employability.
- INLPTA Diploma (Neuro Linguistic Programming); PMP (Project Management); D. Phil (Organic Chem).

TESTIMONIALS

David, Regenerative Medicine CDT: "the career workshop was thoroughly engaging and really helped me to understand my goals and motivations. I especially appreciated the interactive group dynamic and the way Lisa drew from her own career history to provide relevant insight and clarity."

Iwan Roberts, Regenerative Medicine CDT: "Lisa focusses on our key strengths and weaknesses so we can unlock where our skill set and passion really suits us to go ahead. I think this was really valuable and actually quite unique. The workshop allowed me to question some previous misconceptions about my goals, strengths and weaknesses as well as reaffirm my passion and take positive steps towards realising my career aspirations."

Emma, Power Networks CDT: 'Fast paced and very interactive course- I now understand where the gaps are and what I can do to address them'.