

---

## Planning, mapping and managing your career

### Description

In this interactive one hour virtual session, participants are invited to 'start with themselves' and consider how they manage themselves through change. Having insight into this enables individuals to ensure they present the best version of themselves at interview but also to consider the conditions in the workplace within which they thrive. The session will also explore what participants want from their career and what is important to them. Alongside this, the session includes practical considerations when managing your career and time for action planning for participants to reflect on what to do next.

This is a great session for staff at all levels who seek to reflect on their career to date and consider options for future roles that will enable them to thrive and gain career satisfaction.

### Learning Outcomes

By the end of the session participants will have gained insight into the following areas:

- Explored the impact of organisational change on themselves and some basic coping mechanisms
- Reviewed and reflected on their career journey, their strengths and achievements and what this might tell them about their future career
- Practical techniques to help career planning including selling their strengths and networking in their careers

### Who should attend?

The session is open to all; however, it may be of particular interest to anyone considering their career and where to go next.

© This document is copyright of NHS Elect and cannot be reproduced without permission. If you wish to use ANY part of this document please contact [info@nhselect.org.uk](mailto:info@nhselect.org.uk) to obtain permission. Duplication of any part of this document without prior permission will result in a breach of your organisation's membership agreement with NHS Elect

Please be aware that titles of presentations / speakers may change nearer the time.

[www.nhselect.nhs.uk](http://www.nhselect.nhs.uk)