

## Career First



This workshop uses a process of self enquiry through various methods including question-answer sessions, narration & reasoning method as well as personality test among others. Main objective of this program is to make participants understand their true calling, fitment and preparedness (from skills, emotions, interest and aspirations perspectives). It also gives them a broad outline as to what steps they should take after understanding their innate strengths/ abilities and weaknesses. They are also given a map of tasks and goals they should set for themselves along with a broad timeline.

This is a 4 hour workshop helping people to find out their true:

- Job interest
- Job fitment
- Personality suitability
- Sense of fulfillment
- Satisfaction
- Internal Motivation
- Learning style
- Level of optimism

It will lay down following things for the participant –

- What should matter for his career progress?
- How should he make decisions regarding his career?
- What should he not do?
- Which line of profession may suit him?
- Which type of work/ role should he aim to assume?
- The way one chooses between alternatives & assumptions about the nature of reality

- Nature, extent and reasonableness of his ambition
- Core aspects of self concept
- Interpersonal needs and values
- Attitudes towards change and treatment for Learning style
- Handling broad, general orientations
- Why happens, what happens to him/her. Where are the gaps in his progress path?

These are a few features of the program.

**Highlights:**

- Activities for personal analysis.
- Information forms to be completed.
- Participants require filling-up of some questionnaires.
- This forms the basis of the insight our counselors need to begin the process.

**Eligibility Age:** Age should be more than 12 years.