



Instructions

Watch the training video that supports this lesson and grab your journal or enter your answers to this worksheet.



List 3 career areas / ideas that you want to explore for your career change

As you look over your list is there one career in particular that you're more drawn to?
Not a worry if there's not it's just to call it out for you

MODULE 2 – LESSON 5

WORKSHEET



Let's start building your career plan; this involves looking into the career and what you need to if you decide this is the career path you want.

Looking into relevant courses/qualifications, length of time to qualify, costs etc.

Research articles, talk to bespoke recruitment agencies, reach out to companies and talk to them about working in that industry or role.

Are there any national bodies in place for the type of industry? e.g. holistic therapies have the federation of holistic therapies that contain useful info about this area of work.

Capture your findings for your career ideas below

A large, empty rectangular area with a light orange background, intended for the user to capture their findings for career ideas.



Capture your findings for your career ideas

A large, empty rectangular area with a light orange background, intended for students to capture their findings for their career ideas.



How are these career's linking in with YOU and your values?

A large, empty rectangular box with a light orange background, intended for the student to write their response to the question above.

From your findings, which career do you want to move forward in?

A large, empty rectangular box with a light orange background, intended for the student to write their response to the question above.



What 3 actions can you start with?

Make a note of when you want to have these completed by; for example contact national federation to see if they can provide a list of course providers by end of May

Blank orange rectangular area for writing the first action.

Blank orange rectangular area for writing the second action.

Blank orange rectangular area for writing the third action.



Use this space to track your progress from your actions, this will help to give you an idea on your next steps

Blank peach-colored rectangular area for tracking progress.

Blank peach-colored rectangular area for tracking progress.

Blank peach-colored rectangular area for tracking progress.