

12 Session Spectra Blue Career Path Programme

Day Time Location	Topic
Session 1	Career Aspirations and Motivation Visualising success Life Goals
Session 2	Goal Setting Talents and Aptitudes Writing a Personal Profile
Session 3	Job Choices Educational Planning
Session 4	Perfect Job Specification
Session 5	Starting your own Business and Entrepreneurship
Session 6	Writing a Curriculum Vitae or Brochure
Session 7	Job Searching Skills
Session 8	Preparing for an Interview
Session 9	Asking and Answering Questions
Session 10	Personal Presentation Skills
Session 11	Impact and Influence Skills
Session 12	Overcoming Interview Nerves and Stress