



Synopsis

- Feeling stuck in your career?
- Feeling unproductive at work and would like more motivation to seize the day?
- Fighting a barrage of success barriers at work and want to break through?

Join us in this 1-day programme where you will learn how to generate your own Career Breakthrough.

A career breakthrough does not happen randomly but is a result of gradual and deliberate effort. It requires clear understanding of yourself as a professional and having a clear purpose and meaning in what you do. All these will allow you to achieve clarity and passion to achieve your career goals.

As you progress in the different stages of your career, you will also face various success barriers. Knowing how to recognise the different types of success barriers occurring at those stages will help you take steps to prepare for and overcome them effectively.

Master your career by establishing yourself as a professional.

Understand your passion and learn how to keep yourself motivated every day.

Recognise and eliminate self-imposed barriers that prevent you from achieving success that you deserve.

What is it about

In this workshop, you will be introduced to simple yet powerful tools to define your own purpose and meaning as a professional. You will also be shown the mindset and perspectives necessary to eliminate your success barriers so that you can stay focused and motivated in pursuing career success.

Course Objectives

1. Priming yourself for career success

Prospectus

2. Aligning your identity, purpose, and passion
 3. Identifying your success barriers
 4. Creating your strategies to overcome success barriers
 5. Formulating your sustainable personal system of motivation
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Content Outline

Priming for Success

- Coping state vs Thriving state
- Change your emotions by taking actions, not by logic
- Defining your Success
 - Success is different for everyone
 - Success as a result of deliberate effort

Purpose and Passion for a meaningful career

- Aligning Identity, Purpose, and Passion
- How to find your life's purpose
- Group Coaching – finding yourself

Breaking through Success Barriers

- What are Success Barriers
- Sphere of influence – Your resources to bring you to your goal
- Cultivating a compelling work ethics

Passion at work – creating your own motivation

- Generating Momentum
 - Taking action
 - Chunking
 - Sustaining Momentum
 - Understand your energy cycles
 - Create positive feedback loops – reframing
 - Create support groups / mentors
 - Create your own 'ecosystem' of purposeful interactions
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Course Objectives

At the end of the workshop, participants should be able to:

- Define what is their own career success and
 - Explain how their identity, purpose, and passion come together in their career
 - Identify their success barriers and generate personalised strategies for overcoming them
 - Formulate their personal system of sustained motivation
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Who should attend

All working adults who desire to:

- seek clarity in their career direction, and
 - generate more passion and motivation in their career to achieve their goals.
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Prospectus

Trainer profile



Derek Teo is a certified Career Coach – GCDF(US). His aspiration is to bring out the best in others so that they can bring their best to the world.

He spent 8 years as a Talent Acquisition Specialist with a variety of employers, ranging from large MNCs, government services, to prestigious European organisations. Derek's experience in handling talent sourcing as well as his training as a career service provider makes him the ideal advisor on what employers really want and how to best reach out to them.

Derek also holds a Bachelor of Arts from NUS, and University of Pennsylvania certification in Gamification.

Training Methodology

The approach for this course will be primarily group coaching-based seminars, aided by peer coaching sessions facilitated by the trainer.

Satisfied Clients

