## **Career Development**

## **Individual Assessment:**

Skills Interests

Values Preferences

Experience Lifestyle

Aspirations Needs

What you like doing + what you're good at + what you need and want



Careers resources Opportunities
Websites Networking
Professional associations
Books



Research
Preferred
Options:

Volunteering

Work

shadowing

Informational

visits

Networking



Further training /

learning

Job search

Networking

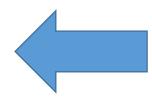
Planning and taking action:

Application & CV

Writing

Interview skills &

Practice



Alison Trinder Sept 2020