

# Career Exploration and Planning

Below is a brief overview of the Career Exploration Program. This is intended to give a suggested outline for the coaching sessions and specific details for worksheets and exercises for each objective. Please note this is a general overview and often times, sessions are much more fluid and spontaneous. Therefore, the sequence of activities may vary as well as the emphasis on a particular area. The program is customized to your needs and the focus is completely contingent upon your needs and goals.

	OBJECTIVE	ACTIVITY
<b>Session #1</b>	Identify Long-term goals and Vision	Overview Goal Setting
<b>Session #2</b>	Expand Awareness of Strengths & Personality	Myers-Briggs (MBT) Report
<b>Session #3</b>	Explore Career Interests	Strong Profile Results
<b>Session #4</b>	Identify Top 10 Career Choices	Identify Themes and Patterns of Career Choices
<b>Session #5</b>	Research Career Options	<a href="http://www.ONetOnline.org">www.ONetOnline.org</a> for Salary, Trends and Requirements
<b>Session #6</b>	Personal beliefs	Overcome self-limiting beliefs and challenges
<b>Session #7</b>	Determine “Who am I” & “What do I Want”	Values/Mission Statement
<b>Session #8</b>	Determine “Where Do I want to do it” and “Why I want to do it”	Resume Tips/Tricks Creating a Career Match O*Net Research
<b>Session #9</b>	Describe your Career and the Activities You Want to Do & Skills	Confidence and Career Criteria Identifying Accomplishments
<b>Session #10</b>	Create a Career Exploration Plan Interviewing Skills	Career & Business Opportunities Communication Strategies
<b>Session #11</b>	Putting it all together	Laying out short-term and long-term plans
<b>Session #12</b>	Next Steps & Planning	Declarations and Commitments

