

Personal Life Style and Career Focus

During the last ten years technological advances have seen huge changes in working practices and economic globalization. In this environment career choices and development have become more varied so people need to be ready to assess their options, work out career and development aspirations and implement changes.

Please think for a few minutes and see if you are in one or more of the following situations:

- Employed, but not happy in the work you are doing
- Trying to work out a personal and career plan
- Thinking of changing jobs or career
- Thinking of taking a full or part time course
- Starting your first job
- Re-entering the workforce
- Unemployed
- Going to University or College
- Becoming self-employed or starting your own business
- Taking time-off
- Work-family-personal goals
- Retiring

If this is the case then let Cynnydd try and help you:

- ✓ Assess your current situation
- ✓ Identify what is important to you and what is not
- ✓ Assess real or perceived anxieties and fears
- ✓ Identify potential problems and how to overcome them
- ✓ Look at realistic and positive options
- ✓ Improve self confidence
- ✓ Be aware of challenges
- ✓ Motivation
- ✓ Work out short, medium or long term plans

Please contact us via our e-mail, by phone or by post