

BEGINNERS SERIES

At Career1o1, we believe that the toughest step to take in life is the first step. It can be very tricky; sometimes promising the best ideas and opportunities, and other times looking very scary and bleak. But we are here to help you embark on this journey in a more prepared and experienced way especially in the key areas of your life. This will help your preparedness to take advantage of opportunities available presently and in the future. We understand that you may have many questions about your career and how the answers to these questions could impact your growth. This signature program from Career1o1 will provide students, graduates and young professionals with a career journey and personal development starter pack.

The Beginner's Series will cover the following items:

- The Taking-off Sessions
- Interpersonal Skills and Character Building
- The Beginner's Perspectives (Dreams/Ambition/Goals)
- Embracing Technology

Summary of What We Offer

Taking-off Sessions

An awareness chart aimed at supporting your self-discovery journey will be used in the sessions. In order to understand who you are, and what your strengths and weaknesses are, we have introduced a 360-degree awareness chart that will help you understand yourself. The awareness chart covers four areas – global awareness, self-awareness, health awareness and developmental awareness.

Global Awareness

- At Career1o1, we understand that a good understanding of the world order, the existing socio-economic challenges and a general awareness of the impact of globalization is critical when engaging young people about areas of their personal and professional development. This provides participants with a holistic understanding of issues and a global perspective when addressing issues. More importantly, participants are able to build their career plans, vision and mission with a deeper understanding of global issues and concerns

Self-Awareness

- The self-awareness approach covers your self-introspection and discovery. We gather data on the perception you have about yourself, the perception people have about you from your external (people at work, school etc.) and internal (family, loved ones etc.) environments, and provide you with the data's report. Your self-awareness report serves as a foundation towards your character building and positive behavioral growth training.

Health Awareness

- Under the health awareness session, we cover both mental and physical health and their impact on your career journey. We provide you with "why" your health awareness

is key towards your personal and professional development and “how” you can improve your mental and physical health to keep you re-energized towards your future.

Developmental Awareness

- Under the developmental awareness, we cover the lapses in your skills, professional and personal development and also focus on how to improve your strengths to meet global standards.

Interpersonal Skills & Character Building

Based on the data from the awareness chart, we help participants to:

Create, build and maintain lasting relationships

With the understanding that our professional and personal development journey is highly dependent on the people we interact with, how we interact with them, and how long we maintain these relationships, we have developed an intentional approach that aims at supporting our participants towards creating, building and maintaining lasting relationships. Other topics for discussion include: **the importance of being reliable, public speaking for networking purposes, amongst others.**

Assessing the Results and Crisis that Exist in Character Building

One result of building character is becoming morally conscious. This helps us to develop empathy, promote ethical behavior and attain a high level of efficiency in whatever we do. Interestingly, the crisis of character building arises when our character, which we have carefully invested in, does not provide us with our survival (basic needs), our financial independence and our self-actualization. We begin to gradually lose a sense of who we are and what we stand for. And if caution is not taken, character becomes our doom when we have an opportunity of a lifetime because who have lost a sense of our character. Based on this backdrop, our character building session is to help beginners assess their character and its impact on their career and personal development journey.

We want our beginners to:

- Build and sustain a substantive character of moral consciousness, with the aim of attaining the best in all areas of interest. We believe that building a shallow character will not withstand the test of time.
- Build a strong foundation of character which will prevent them from slipping on their morals and values when they are faced with the pressures of the fast-moving world.
- More importantly, help our participants to become role models to other young people.

*Other topics discussed include topics on **ethics**.*

The Beginner’s Perspectives (Dreams, ambitions and goals)

Our youthful years are often filled with exuberance, creativity and a lot of energy. In addition to our own pressures that exist, we have to battle with societal pressure. Often times, this causes us to jump from one dream to another. We create goals that are inconsistent with our core purpose, mission and values and run at a speed in an attempt to be labeled as ambitious whereas we are practically following the wind. **Under this section we will focus on:**

- The conscious effort of creating **YOUR** dream
- How to place your ambition into perspective

- Goal-setting fundamentals

Embracing Technology

We are in a digital age, and a conversation on career and personal development cannot be complete without a focus on digital technology and its impact on us. How will our careers be affected? What line of jobs will be relevant in the future? How do I remain relevant in this digital age? What do I need to know about the evolution of digital technology? These are among the many questions that we will provide answers to under this series. **Under this section, we will focus on:**

- Careers vs Digital Technology (Assessing the blessing, bane and myth)
- Assessing the relevance of your skillset in the digital age
- Understanding AI, VR and AR and the opportunities they present for young people

What are the benefits of participating in this program?

What will you achieve? Students, Graduates and Entry-level employees

- We do not want you to just get an internship or a job offer. Rather, we want your internship experience to be transformational – an experience that you can create when you are fully aware of your potential and your career plan.
- We understand that getting a job offer can be ground-breaking news for you as a graduate or a job seeker but we also know that a job offer is not all you need. As such, our program is designed to help you secure the job, rise on the corporate ladder strategically, and leave behind a legacy.
- We know that you have intentions to venture into entrepreneurship after school. Our program will help you become fully aware of the opportunities and challenges that exist in the entrepreneurship space and how you can survive and remain relevant as an entrepreneur.
- Networking is critical in the job market today. With thousands of qualified candidates applying for the same role, you need to stand out in the applications. Apart from a great CV, you need to up your networking game by connecting with the right people in the company you aspire to work with. At Career1o1, our Beginner's Series is tailored towards supporting participants in improving their networking skills through unconventional methods. We want to prepare you in this network journey irrespective of where you find yourself and whom you decide to network with.
- We help you to look beyond your borders for opportunities. We believe that you are capable of competing on a global platform and we provide you with the opportunity to do that.
- We are very interested in your growth and your developmental skills that will make you relevant in whatever space you choose to thrive in. We want you to grow in that job, turn the internship into a job and grow as an entrepreneur. As such, our program is designed to make you fully aware of your existing competencies and your developmental needs required for your next big step so that you will succeed.
- The world has a lot of competent people. Skills can be learnt and developed but developing or nurturing a good character is one of the biggest challenges of our

generation and we want to help you overcome that. Our Character Building and Interpersonal Relationship session helps you become morally conscious and sensitive to your surroundings. This helps you to form and maintain the right relationships and most importantly, identify your core values and principles which you want to live by and be identified with.

- To ensure that our participants achieve a 360-degree improvement in all key areas, our health awareness program is designed to help young people identify unknown habits that can affect their mental and physical health and its impact on their overall wellbeing and future plans.
- Everything about life begins with “self”. As such, our Beginner’s Series focuses on providing you with a complete package of a self-awareness program that helps you to become fully aware of who you are, your capabilities and weaknesses, and how to improve upon them in order to achieve your present and future goals.
- We want our participants to become globally sensitive to existing and rising issues and its impact on their career journey. As such, our Beginner’s Series provides you with a holistic understanding of the world order, current trends and existing opportunities as well as how you can tap into them.
- We do not want you to follow the masses without knowing your purpose and core mission. We want our participants to identify their purpose and interests. This will serve as a guide in setting their goals and creating an ambitious path towards their career journey.
- We prepare our participants to be aware of the digital age, the trends, opportunities and threats. We also guide them to use digital tools to their advantage throughout their career journey.
- Our training does not end after four weeks. We provide you with mid-year and end of year one-on-one sessions for a year. Afterwards, you can join our alumni network and connect with other young people with different interests aligned with a core mission.

Period of Engagement The **Beginner’s Series** is a four-week program occurring 4 hours each week. Participants are grouped based on their preference for virtual or in-person sessions and selected days for the training program and coaching session. **Class capacity:** 10 people (per session) **Target:** Students, graduates & young professionals **Basic requirement:** We need you to focus with your heart and mind **Training mode:** Virtual and in-person options available **Note that content under the Beginner’s Series will be specifically tailored towards each participant’s needs. We will address students and graduates separately from young professionals.** Enroll now You will receive payment details after registration.