

Need a Career Boost?

Consider *Career Power*

One way to enrich or explore your career opportunities and goals is by taking advantage of Human Resources' (HR) day-long workshops *Career Power* and *Career Power for Coaches*. *Career Power* is aimed at employees, while *Career Power for Coaches* is aimed at managers and supervisors.

Career Power

Career Power gives employees an opportunity to think introspectively about their current position and to learn more about how their personal goals fit in with their career goals. A series of learning exercises make up the day-long session and preparatory work before the workshop is recommended so that participants can get the most out of the day. By the end of the workshop, attendees will have answered a series of career-planning questions that will help them map out their next move.

According to the *Career Power* Website (www.careersystemsintl.com/carpwr.htm), "For the individual it verifies self-perception and identifies capability gaps."

Career Power for Coaches

Career Power for Coaches focuses on techniques for supervisors to support their staff. Managers, mentors, and career counselors are the appropriate audience for this workshop where attendees will learn to listen to their workforce, advise them, and help their direct reports make the most of their careers thereby ensuring successful and seamless succession in the workplace.

What Attendees Are Saying

The last time either of these workshops was offered was the spring semester of 2008. At that time 33 employees took advantage of the *Career Power* experience, while 20 managers enrolled in the *Career Power for Coaches* workshop.

Said one supervisor who participated in the *Career Power for Coaches* workshop, "[This gave me] the opportunity to learn about how to engage my team members in productive conversations about their likes/dislikes and past experiences, which allowed me to better understand how to direct their energies in the future to help them reach their goals, as well as our team goals."

"LOVED IT!" said one *Career Power* participant. "I believe the knowledge imparted to us will remain a strong foundation for our futures in whatever direction we pursue."

Summertime Offerings

Each of these workshops is being offered this summer. **Jackie Matthews**, associate vice president for Human Resources, **Judy Zavalydriga**, manager, Employee Relations and Workplace Learning and Performance, and **Linda Parks**, HR associate for Employee Relations and Workplace Learning and Performance, will lead *Career Power* for employees and *Career Power for Coaches* workshops.

More information will be forthcoming.