

What's in it for Employers?

Running the SEASONS Professional workshops or the SEASONS Personal Development Programme within your organisation is beneficial in many ways. Allowing employees to engage in such activities should create

- a more motivated workforce
- more effective staff
- focussed employees
- staff who take personal responsibility

When staff feel trusted and valued they inevitably contribute more to their work and their employers.

How does the SEASONS Professional and Personal Development Work?

Taking part in SEASONS Professional and/or Personal Development gives participants the chance to find out more about themselves, discover what they would like to do next in their lives: professionally and personally, and work out ways to achieve it.

Our programmes and workshops are flexible and can be delivered in a variety of ways. We believe that this allows organisations to decide on timings which suit business and individual needs.

Personal Development Programmes can be particularly effective when targeted at specific groups such as men, women, older workers etc.



SEASONS Professional and Personal Development is something which could – quite literally – change your life.

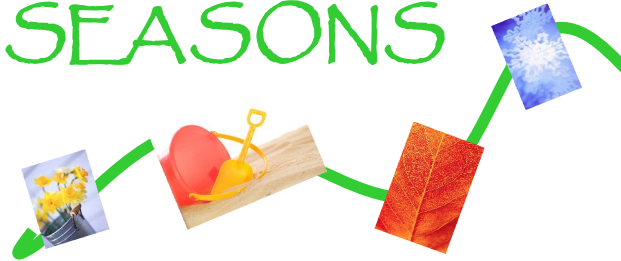
'Wisdom is not a product of schooling but of the lifelong attempt to acquire it.'

Albert Einstein

'The people who are crazy enough to think they can change the world are the ones who do'

Steve Jobs, CEO of Apple

SEASONS



Contact Details

For more information or to discuss the SEASONS Professional and Personal Development programmes in more depth please contact us as follows:

SEASONS

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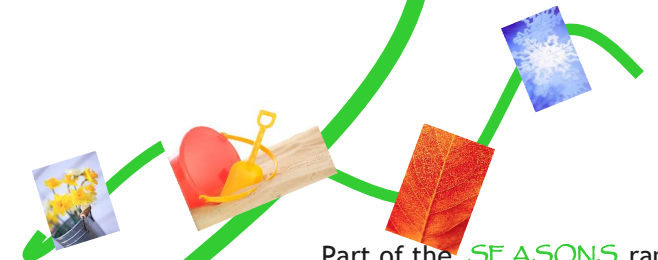
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PROFESSIONAL and PERSONAL DEVELOPMENT

developing people
who want to
progress



Part of the SEASONS range

'To everything turn turn turn.. There is a season turn, turn, turn'

It's true isn't it – everything has its season and there is a right time for everything. The SEASONS Professional and Personal Development programmes and workshops provide people with support, tools, techniques and advice to help them move forward with their lives and careers.

SEASONS Professional and Personal Development gives people the opportunity to think about themselves and how they can develop. These programmes are suitable for many people, for example those who :

- want to develop a particular skill for their role
- are starting out in their careers
- are happy with their life and career and are willing to embrace the opportunities of change and continuous development
- feel that they have, quite frankly become stuck in a rut!
- have returned to work after a break
- are approaching a change in circumstances

People who attend the Professional and/or Personal Development Programmes can benefit in many ways. They should, for example:

- become more confident
- expand their horizons
- develop their ambitions
- identify their potential
- understand what they can offer
- develop an action plan to help them

There is a much evidence to support the view that people who engage in self development are more motivated, more content within them selves and more able to contribute effectively to the world around them.

SEASONS offers a range of **Professional Development Workshops** which can be delivered individually or as a programme to suit your organisation. Workshops range from personal individual skills, such as developing confidence, managing time, behaving assertively etc, to understanding how to work with others.

We also cover more specific, specialist, skills, such as delivering effective presentations, report writing and project management.

A taste of some of the workshops ...

Individual Professional Skills

- Developing confidence
- Managing time
- Working with pressure and stress
- Self presentation
- Creative thinking
- Problem solving

Interpersonal Skills

- Leading meetings
- Working in teams
- Dealing with conflict
- Effective communication

Specialist Skills

- Project management
- Professional presentations
- Report writing
- Committee servicing
- Minute writing
- Recruiting and selecting staff
- Negotiating with confidence

...and many more available

The SEASONS Personal Development Programme can be delivered flexibly to suit your organisation but is typically structured into four half days and covers the following aspects:

Part 1—Where Am I Now?

- My Tree of Life
- My values and beliefs
- What are my skills?
- What would I like to be doing?
- What would I like to do less of?
- Personal aspirations

Part 2—Opportunities and Realities

- What's out there?
- What else could I be doing?
- Focusing my ambitions
- What gets in the way?

Part 3 - Developing Strategies

- Putting first things first
- Developing courage and self belief
- Communicating with confidence

Part 4— Moving Forward and Action Planning

- Dealing with change
- Writing an action plan
- Committing to the future

