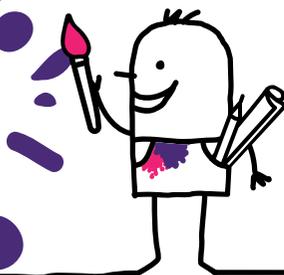


# Be bold in your career



Online career  
course,  
1-2hrs/week

Sign up for the 'Be bold' course today.

It could be the best investment you make in the coming year.

The course is for people who want help to move their career forward. Whether you're feeling stuck, eager for a new challenge, feeling over-stretched, or simply want to make sure you're on track, this could be the opportunity you need. It will help you carve out time for yourself, create a plan that really works, and make things happen!

We know that many people have difficulty making time to focus on their career and professional development (CPD). Others lack the confidence to make things happen. The structure and content of the course will help you move things forward. The course uses the [CiZone career portal](#).

“It gave me the opportunity to reflect on my experience and what I want out of my career long term.”

## What's involved

1

Sign up for the 8-10 week course. Make the commitment to yourself to complete it.

2

Dedicate at least 1-2 hours each week. Will that be at the weekend? In the day? Or an evening?

3

Every two weeks you'll work through a series of short videos, exercises and a 'be bold' task.

4

By the end, we hope you will be clearer about your next steps and will already have taken action.

5

Finally, tell us how you got on, and receive a certificate of completion (this may count as CPD too).



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[www.bbcareer.me](http://www.bbcareer.me)

To sign up or to ask any questions  
visit the [CIH website](#)

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You will be encouraged to work through the content in each fortnightly session, but you can pick and choose the order in which you do the activities. You will benefit most if you complete the entire course.

Course leaders Rosemary McLean and Valerie Rowles (via webinars and videos) will guide you through the course.



## Here we are:

<https://uk.linkedin.com/in/rosemarymclean1> and  
<https://uk.linkedin.com/in/valerierowles>

The course is hosted and managed by  
The Career Innovation Company:  
[www.careerinnovation.com](http://www.careerinnovation.com).

## The format includes:

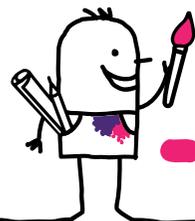
- Online self-assessments and 'coaching tools'
- Bold - one stretch activity each week
- One suggested conversation each week



“I have become the driver for my own career.”

“Motivation and inspiration.”

“It gave me focus.”



Be bold  
and invest in  
yourself!

## How to sign up (why not today?)

The course starts on 22nd January 2018 but you can sign up right now and put it in your calendar. (The registration close date is 18th January 2018). It is a commitment to invest in yourself, and takes just 1-2hrs per week.



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