



aquitude

**Career Transformation:
Reboot, Rebuild, Reconquer**



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Whether it is the CoVid19 crisis, uncertainty in the air or just a feeling of “there is something missing in my life, disengagement and the feeling of stifling is rife. The health crisis and the ensuing economic upheavals has reshaped the world and each individual’s sense of contribution within it.

This unique programme:

- Has been developed following work with hundreds of professionals facing career-transitions and personal or professional change
- is perfect for professional men and women looking to rebuild their career in a time of unprecedented crisis.

In addition to the course modules, participants will benefit from accessing the Aquitude’s Career Transformation Mentoring Group, which will provide them with additional inspiration and support for this important transition in their life.

A true blended-learning experience, this programme is delivered as distinct virtual modules incorporating extra-curricular activities as well as in-session exercises. In addition, a pre-course assessment and a post-course assessment will guarantee participant learning.

Programme Objectives:

Armed with Aquitude’s Career Reboot Assessment in advance of the session, participants of the programme will benefit from:

- An in-depth career review: deep-dive into their personal achievements and skill-sets
- Insight on their passion and what “gets them out of bed”
- Leveraging their transferable skills to set them on a renewed path to success
- Strategies for managing the transitions and ways to cope with change and uncertainty
- Rebooting their career focus and fuel their individual career development
- Generating positive energy that will give them the boost they have been searching for.



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Module 1 – Career Reboot

Inspiring you to be You

- Introduction
- Why Transformation?
- Inspiring you to be You.... Case Studies of Career Rebooting

Career Reboot

- Strengths vs Weaknesses
- Working to your Strengths
- Personal Achievements Diary
- Strengths-builder Assessment
- Personal Failures – Learning Log
- You Career Tally – quantifying your achievements

Module 2 – Career Rebuild

Defining your Future

- Your Inner Inspiration – what makes you tick!
- Following your passion – how to make it work!

Aligning your Strengths with your Passions

- Your Unique Traits (building on your passions!)
- Future-scoping: How do your future ambitions leverage your unique traits?

Business as Unusual – Rebooting for the Future

- What would you need to do or what would need to happen for your role or future ambition to utilise your special traits?
- Identifying what YOU want
- Revealing what you DON'T want in your career
- How to ensure your desires are always met



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Module 3 – Career Reconquering

Building BrandYOU!

- Googling yourself - exercise
- Who knows you and for what?
- Your brand today: does it tally up?

Career Reconquering

- BrandYou... tomorrow
- Mind the Gap: redressing gaps in your BrandStory
- Addressing the *Impostor Syndrome*
- Why you deserve your NEW YOU!

Module 4 – Career Reconquering... in Action

Strategic Realignment – Build you Personal Board of Directors

- Success breeds success – build your MentoringMesh
- Mentoring: a critical part of the Reconquering Equation

Overcoming Fear: the biggest hurdle

- Redefining Fear
- Feel the fear..... And do it anyway!
- Strategies to minimize fear and maximise its energy
- Your FEAR antidote: your *Personal Inspirations pack*

Reconquering in Action

- Your new Bio - exercise
- Re-deifining your skillset to reflect your new biography
- CV Review – refining your Curriculum Vitae to reflect your new BrandYou
- Complete Review
- Wrap: Welcome to the New You!

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Faculty: Christina Ioannidis

Christina Ioannidis is an internationally recognized, speaker, trainer and Christina is an international speaker, consultant and facilitator. Over a 23-year career she is a business veteran and has lived the full business lifecycle - a corporate career marked by double-redundancy, serial entrepreneurship, as well as a business failure.

Her training programmes are characterized by straight-talking, experience-led insight. She is not an academic nor a wannabe coach. Her insights are based on real-life experience and all the possible curve-balls that can be thrown to any professional. A natural disruptor, she has been recognized by the UK Government as **'Leader in Women in Business'** and has received the coveted **The International Alliance for Women's World of Difference Award** in Washington DC.

Christina has worked with management, senior leaders and boards on strategy and organizational effectiveness. Christina is the author of the published **"Your Loss: How to Win Back Your Female Talent"** which offers a hands-on blue-print for creating Gender Savvy organisations, reducing corporate losses by increasing the retention of top female talent.

Christina is also the founder of **Top of Her Game**, a platform which redresses gender-bias through the power female role-models in the male-dominated Science, Technology, Engineering and Mathematics (STEM) fields and openly challenges limiting perceptions relating to women in the GCC. It also offers corporations solutions for internal culture change and talent management impacting the complete talent pipeline, including its signature Female Majlis, the GCC's first cross-industry peer-mentoring programme.

She has been invited to comment on Emirates News - Dubai One TV, DubaiOne Radio, Bloomberg TV, Sky News, The Sunday Times, The Observer, The Evening Standard, The Guardian, Marie Claire, to name but a few. Christina was also selected to be a spokesperson for the UK's Chartered Management Institute's Gender Salary Reports in both 2011 and 2012. She has also been the Chair of the Gulf Marketing Review's Marketing to Women Conferences in 2015 and 2016.