

# Course : Take stock and embark on a new professional project

*Practical course - 2d - 14h00 - Ref. EVB*

*Price : 1370 € E.T.*



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In order to anticipate a career move, it's essential to take stock of your strengths and motivations to define a reliable, concrete and realistic project. This training course will show you how to make a complete assessment of your experience. It will help you identify your skills and needs, and clarify your professional objectives. Using the tools provided, you'll be able to build a sustainable career development strategy.

## Teaching objectives

At the end of the training, the participant will be able to:

- ✓ Identify your career development needs
- ✓ Determine your motivations and professional skills, identifying those that are transferable
- ✓ Defining your ideal work environment
- ✓ Communicate your project orally to open up career opportunities
- ✓ Implement an action-oriented strategy

## Intended audience

Employees wishing to take stock of their career development and give a new direction to their professional life. Seniors wishing to anticipate the second half of their career.

## Prerequisites

No special knowledge required.

## Practical details

### Hands-on work

Individual and paired reflection, practical exercises, learning games, role-playing, collective feedback.

## Course schedule

### PARTICIPANTS

Employees wishing to take stock of their career development and give a new direction to their professional life. Seniors wishing to anticipate the second half of their career.

### PREREQUISITES

No special knowledge required.

### TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

### ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more. Participants also complete a placement test before and after the course to measure the skills they've developed.

## 1 Take stock of your professional situation

- Situate yourself in the different phases of professional development.
- Identify the challenges of professional change.
- Identify the risks and benefits of change.

### Hands-on work

Analysis of the phases of change in relation to your professional reality. Drawing up a benefit/risk matrix to move out of your comfort zone. Work in pairs and plenary sessions.

## 2 Clarify your professional motivations

- Identify your professional motivations.
- Define motivational activities at work.
- Identify the skills that match your motivations.
- Design a project that reconciles work, meaning and pleasure.

### Hands-on work

Analysis of motivations in pairs and how they are fed at work. Diagnosis of job satisfaction and how to improve it for future projects.

## 3 Identify and enhance your skills

- List your knowledge, know-how and interpersonal skills.
- Reclaim your career path and successful experiences.
- Identify transferable and missing skills.
- Promote your skills to convince your contacts.

### Hands-on work

Study of skills. Synthetic presentation of a successful experience demonstrating these skills. Feedback from group and trainer.

## 4 Building and realizing your project

- Identify your ideal working environment and target your market.
- Validate the match between needs and professional reality: networking, information gathering, etc.
- Set up a training or VAE program.

### Hands-on work

Project your design into the reality of the work to take account of actual conditions, refining it and making it as concrete and operational as possible.

## 5 Define a career development strategy

- Take a close look at possible avenues of development.
- Communicate your project internally and externally.
- Define the actions required to bring your project to fruition.
- Remove any obstacles to change.
- Engage in action using group dynamics.

### Hands-on work

Formalize your professional project in a detailed and visual way. Pitch your project to the group to make it your own.

### TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

### TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

### ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at [psh-accueil@orsys.fr](mailto:psh-accueil@orsys.fr) to review your request and its feasibility.

**REMOTE CLASS**

2026 : 26 Mar., 8 June, 21 Sep., 7 Dec.

**PARIS LA DÉFENSE**

2026 : 26 Mar., 8 June, 21 Sep., 7 Dec.