

Career Health Program: Women in Transition

Are you at the crossroads?

- Considering a career change?
- Re-entering the job market?
- Exploring new directions in Second Adulthood?

Career Health is an outcome in life most of us strive to reach in order to live an authentic and vital life. It is the alignment of our inner needs and values with the work we choose and the life we live. In the six group sessions, participants engage in a process that aligns personal and career goals with viable options and strategies for Career Health.

Instructor: Andrea Wolf, Director, Career Education Center at Simmons College

Andrea has a combination of over twenty-five years experience as a career director, career management coach, consultant and writer. She is recognized for creative coaching methods which empower individuals at the crossroads of age and stage to find pathways to manage healthy careers.

6 Total Sessions – Meeting on Wednesdays: 5-7pm, Career Education Center

- #1: Career Health Inventory: *What are the questions I am asking and why now?*
- #2: Uncover Your Voice: *What are the messages from the assessment exercises?*
- #3: Create Your Vision: *How do I see myself now and what do I want to in work/life?*
- #4: Align Your Voice with Choice: *What is my purpose/contribution and where do I fit?*
- #5: Develop a Proactive Plan for Career Health: *Where and how do I begin?*
- #6: Design Your Career Health Roadmap: *What do I need to move forward?*

Discounted cost for Simmons alumna: \$200

Participant fee: \$400

For more information and sign-up please contact:

Andrea.Wolf@Simmons.edu

Testimonials:

It gave me a focused and structured reason to take time out and reflect upon my career health and things in my life that are important to me. Gisele Bauerle, '83

It provided an opportunity to align my inner needs, values and interests to a work option. The course allows women to realize what their needs are, how they change and differ from early career needs, and to open possibilities so that our life works. Tricia Kennedy, MHA'00

Upon completion, I felt that my goals were obtainable and realistic. Andrea gave every single woman a feeling of, "I can" and an expansion of ideas to build on. Minerva Sprogis, '79

*It helped me look inside- and to be brave enough and sure enough to know really what I'm good at, what I like to do, what I want to do, and who I want to do it with. I believe this series changed my way of evaluating potential new opportunities and certainly changed the way, I interviewed. Within a month of the session ending, I got a job- **a great job**- in a completely new industry, in a smaller company than I've worked in, for a little less money than I'm used to, in a city I had never thought I would live in. Amy White, '81*

I will continue to use the techniques when faced with other transitions. Carol Foster, GSLIS, '92