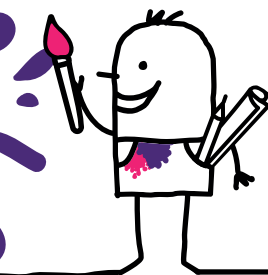


# Be bold in your career



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 looking for career progression - feeling stuck - or simply want to make sure you're on track, Be Bold is the opportunity you need. It will help you invest in yourself, create a career 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 or insight to make things happen. The structure and content of the course will help you move things forward and develop an agile approach to your career, so you are ready for future opportunities. The course uses the [CiZone career portal](#).

## 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).

*“I feel I have a better work life balance since starting this course.”*

*“The exercises helped me to understand myself and what I am looking for.”*



career  
innovation

beboldcareer.com

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

# Be bold in your career

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, but if you do fall behind you can complete it in your own time. You'll have access to all the resources for a year.

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



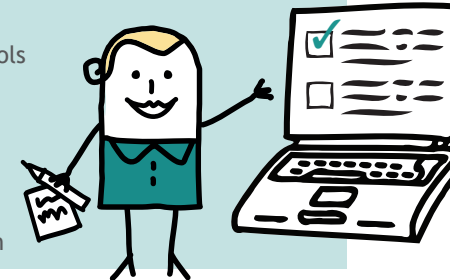
## Here we are:

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

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
- Guidance hints & tips
- Short thought-provoking videos
- Four live webinars
- A 'Be Bold' stretch activity each session
- One suggested conversation each session



“ I’m more confident about taking charge of my career. ”

“ It gives you time to reflect on the things that you might keep putting off. ”

“ It gave me the kick start that I needed. ”



**Be bold  
and invest in  
yourself!**

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

The course starts on 27th April 2020 but you can sign up right now and put it in your calendar. (The registration close date is 22nd April 2020). It is a commitment to invest in yourself, and takes just 1-2hrs per week.



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