

Positive Steps

in your career path

Discover your
true potential
in 2012

WIN

and be part of a prize
valued at €15,000

The Ultimate Career Move
in 6 weeks for 6 people
that will change your life.



THE CAREER SKILLS PACKAGE

- **Personal career coaching**
Let Chrysalis Evolution guide you towards the role in life that's just right for you.
- **Foster your emotional intelligence**
Identify your individual skills and develop your full potential.
- **Getting your portfolio together**
Prepare the best CV for the job market and a compelling covering letter.
- **The job hunting plan**
Plan your best strategy, connecting with Athlone Chamber business network.
- **Top 10 interview techniques**
Learn from others mistakes and gain insights into the interview process.

THE MIND BODY PACKAGE

- **Build your personal brand and identify your style**
Athlone Towncentre fashion stylist and personal shopper - Great tips on how to dress to suit your shape and personality, and the key trends of the season.
- **Recipe for good health – Nutrition and Diet**
Athlone Nutritional Clinic will help you develop a healthy lifestyle.
- **Ready Set Go - Your Fitness Plan**
Gain insights from Athlone Regional Sports Centre experts in fitness.
- **Stress busters**
Get the best techniques to deal with stress from Athlone Regional Sports Centre.

GETTING INVOLVED

- **Athlone Lions Club contributing to your community**
Work with your team mates and plan fundraising events for the club.
- **Westmeath Independent supporting local initiatives and news**
Share your experiences and insights throughout the programme with the local media.

Simply email
positivesteps@chrysalisevolution.ie
for your application.

Act now and move towards a successful 2012

Terms & conditions apply

Partners

