

FLYINGSTARTXP

FOOT IN THE DOOR , ONE DAY COURSE

TIMINGS	SESSION	LEARNING OUTCOMES
09:00 – 09:20	Introductions, objectives and overview	
09:20 – 09:35	Competency trading game	<ul style="list-style-type: none"> Understand the key skills and behaviours that businesses are seeking
09:35 – 10:05	What skills do employers want? <ul style="list-style-type: none"> What do I have to I have to offer? 	<ul style="list-style-type: none"> What experience do I have now, how do I bring it to life and how can I build on it?
10:05 – 11:05	Working preferences: MBTi	<ul style="list-style-type: none"> Establishing personal working preferences and examining how to work best with others
BREAK	BREAK	BREAK
11:20 – 11:55	Getting noticed and standing out: <ul style="list-style-type: none"> You on social media Guerilla tactics 	<ul style="list-style-type: none"> Setting up and building your online brand The importance of LinkedIn for building your first network Let's do it – create your own LinkedIn Quick fire ways of getting yourself noticed (outside of your CV)
11:55 – 12:55	Powerful Preparation Part 1: <ul style="list-style-type: none"> Gamification of core competencies Uncovering the hidden secrets in a job description 	<ul style="list-style-type: none"> Testing STAR technique and articulating skills What is the employer specifically looking for? Work on a job description for a position you would like (part time summer job, university place or mainstream job)
LUNCH	LUNCH	LUNCH
13:40 – 14:55	Powerful Preparation Part 2: <ul style="list-style-type: none"> CV X-Factor 	<ul style="list-style-type: none"> 1 minute me: bring your CV to life CV gallery: become one of the X-Factor judges From top tips , 5 are put in to practice
14:55 – 16:25	Outstanding interviews	<ul style="list-style-type: none"> How to mentally prepare so you are calm and confident How to create a great first impression Know your business and their values Articulating evidence of your skills Questions you might ask Handling difficult questions
BREAK	BREAK	BREAK
16:40 – 17:25	Next Big Step <ul style="list-style-type: none"> One page wonder Action planning How to open doors and impress	<ul style="list-style-type: none"> Summarising learning and creating an action plan Ability to articulate what you want and to ask how someone can help you Having the confidence to maximise the opportunities that come your way
17:25 – 17:30	Close	

Why Flying Start XP?

We focus on core business skills, often described as 'soft skills' or 'real skills'. We teach and develop the behaviours required to apply these skills and thereby deliver exceptional results. Although essential to business success, many of these are lessons for life and so can be put into practice immediately.

- Our facilitators are **highly-experienced business people** who bring the full value of their varied backgrounds to the course.
- We use **experiential training formats** that are both fun and highly-engaging, accelerating learning in a stress-free environment.
- We instill a **change in behaviour and mindset**.
- We build individual **awareness and confidence**.
- We focus on both **individual and group needs**.
- Our aim is for students to become **engaged, proactive, to understand accountability, know where they can add value and embrace opportunity**.

Instilling. Teaching. Developing



BEHAVIOURS



TOOLS



SKILLS