



With hundreds of career options available, how do you make an informed career choice?

With Head Start, you'll learn about yourself, your values, interests, abilities, skills and personality traits, to find a challenging career path that you'll love. We'll then help you get there by giving you the know-how to select and apply for the best local and international courses, and by preparing you for interviews and other career situations. Get ahead - get a Head Start on your career.

THE MENU

UNIVERSITY APPLICATION PREPARATION (Combination of one-to-one and individual delivery)	
Package One Psychometric Profiling - 12 Tests - 25+ Page Report - One-to-One Feedback - Follow-up - Action Plan Essay Preparation Personal Statement Preparation Mock Interview and Feedback Personal Branding University Presentation Future Self Clarification/ Career Coaching Individuals 450 BHD	Package Two Essay Preparation Personal Statement Preparation Mock Interview and Feedback Personal Branding University Presentation Future Self Clarification/ Career Coaching Individuals 300 BHD
	1-Day Study Skills Workshop Groups of approx. 10 (per person) 95 BHD
	Half-Day Academic Writing Workshop Groups of approx. 10 (per person) 55 BHD

GROUP COACHING	
Coaching - Interactive Tailor-made Workshops Groups of 5+ (per person per day) 95 BHD	

PSYCHOMETRIC PROFILING AND COACHING		
Psychometric Profiling - 12 Tests - 25+ Page Report - One-to-One Feedback - Follow-up - Action Plan Individuals 195 BHD Groups of 5+ (per person) 99 BHD	Coaching - 6 Hours - Values Clarification - Future Self Clarification Individuals 270 BHD	Coaching - 8 Hours - Networking Know How audio download - Values Clarification - Personal Branding - Future Self Clarification Individuals 450 BHD
Psychometric Profiling & Coaching 6 hrs Psychometric Profiling - 12 Tests - 25+ Page Report - One-to-One Feedback - Follow-up - Action Plan Coaching (6 x 1 hour) - Values Clarification - Future Self Clarification Individuals 495 BHD	Psychometric Profiling & Coaching 8 hrs Psychometric Profiling - 12 Tests - 25+ Page Report - One-to-One Feedback - Follow-up - Action Plan Coaching (8 x 1 hour) - Networking Know How audio download - Values Clarification - Personal Branding - Future Self Clarification Individuals 550 BHD	Psychometric Profiling & Coaching 10 hrs Psychometric Profiling - 12 Tests - 25+ Page Report - One-to-One Feedback - Follow-up - Action Plan Coaching (10 x 1 hour) - Networking Know How audio download - Values Clarification - Personal Branding - Future Self Clarification - FREE 'How To Coach Myself' activities Individuals 620 BHD

To find out more, contact:

Jill Boggiss

M: +973 3604 4100

E: jill@insidechange.org

W: www.insidechange.org

Clare Beckett-McInroy

M: +973 3844 2727

T: +973 1759 0135

E: clare@beckett-mcinroy.com

W: www.beckett-mcinroy.com

Accommodation and travel expenses need to be added if out of Bahrain • There is no guarantee that a student will receive an offer at their chosen university • All payments to be made in advance • Minimum of 8 required for group sessions

THE INGREDIENTS

University Presentation

This presentation will enable you to develop an overview of the university application process for local and international destinations whilst teaching you how to apply. The process will be broken down into clear objectives with deadlines, so you'll leave knowing what you have to do, when you have to do it and who can assist you.

Morrisby Profile Psychometric Test

The Morrisby Profile is a scientifically developed Psychometric Assessment that produces a profile of your abilities, personality type, interests, preferred work styles and learning styles. It helps you:

- make informed educational and career decisions
- realise your aspirations, and
- achieve career success and satisfaction.

Morrisby is one of the many psychometric tests used increasingly in business for recruitment and selection, as well as for the development of individuals and organizations (such as Xerox, Bank of Ireland). It is also used in many of the UK's independent and international schools, as well as universities to enable good career and course choices (University of Bath, for example).

No revision or other preparation is required, there is no pass or fail, and if English is your second language or you have learning difficulties, the test takes this into consideration.

You can find more information at www.morrisby.co.uk

Other psychometrics: Realise 2, Profiling for Success and Type Dynamics Indicators.

We can also offer a range of tests that focus on personality, preferences, learning styles and strengths that give a good idea of what will suit people in terms of career choice, type of studying and ways to capitalise on areas of current strength and unrealised potential.

Essay Preparation

Many students must submit subject specific or generic essays to provide universities with a sample of their knowledge and understanding, as well as a 'picture' of what you, as a student, would be able to contribute to the university academically. By attending this workshop you will be able to confidently include what is essential and structure your essay appropriately.

Personal Statement Preparation

An increasing number of students, all with great grades, are applying for local

and international universities each year. This session helps you to sell yourself succinctly and effectively, and stand out from the rest.

Mock Interview and Feedback

Be it an interview for a university, internship or a job, a mock interview and feedback ensures that you are prepared mentally and physically for this important challenge. You will be provided with 'real' questions that have been used in the world of work and universities and you'll leave knowing how to further develop these important skills.

Personal Branding

Branding is not just a logo or packaging. Branding touches upon the real 'you'. This coaching session helps you to live your life with your values at the heart of all that you do. You will be able to promote yourself in a way that 'sells' the real you.

Future Self Clarification / Career Coaching

To truly reach your personal and professional potential, you have to dream BIG. Future self clarification is a fun, interactive session that helps you know and understand what you want and how to get it, whilst considering cultural, religious and other values.

Academic Writing Workshop

If you know your stuff but find it hard to get it down on paper in the way that your teachers or universities require, this session is for you. This workshop will teach you how to write references correctly and organize your findings effectively.

Study Skills Workshop

Do you struggle with remembering things? Do you want to improve your time management and communication skills? Are you truly challenging yourself with your studies and thinking critically? By the end of this session you will have the skills to develop an effective work ethic that not only saves you time, but helps you understand how you learn best.

Coaching

Are you embarking upon a time of transition, unsure of what career or course to pursue? Do you want to see things from a different perspective, or do you need to process some issues? Our coaching sessions will metaphorically hold your hand, give you a push and challenge you - in short they'll help you achieve your goals and move you towards fulfillment.

To find out more, contact:

Jill Boggiss

M: +973 3604 4100

E: jill@insidechange.org

W: www.insidechange.org

Clare Beckett-McInroy

M: +973 3844 2727

T: +973 1759 0135

E: clare@beckett-mcinroy.com

W: www.beckett-mcinroy.com

WHO ARE WE?



Jill Boggiss started her working life in retail and then moved into advertising and PR, finishing this part of her career as director of corporate communications for a bank. She then retrained and worked for herself for seven years in employee engagement and change management. She became an NLP master practitioner and coach, gained a Masters in change management and has recently founded Inside Change.

"It took me quite some time to understand what I love to do and I want to help others to do this earlier in their life so that they can be more fulfilled and enjoy their lives more fully."



Dr Clare Beckett-McInroy is a Co-Active Career and Organizational Coach, Managing Director/Senior Consultant with Beckett McInroy Consultants and University Lecturer. Clare has an Ed.D. in Educational Research from the University of Bath and a range of qualifications in psychometric instruments, coaching and careers education and guidance. She has presented at numerous international universities and conferences, including Harvard University, and has much published work. Clare is passionate about enabling people and organizations to reach their full potential.