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| **Study Week** | **Main topics covered** | **What I learned this week** |
| 1 | Learning from your experiences – patterns in your lifeline |  |
| 2 | Presenting yourself – online, on paper and in an interview |  |
| 3 | What’s going on in your industry sector; what are the possibilities and future trends? |  |
| 4 | New ways of working – flexibility and other options |  |
| 5 | Achieving a harmonious work-life balance |  |
| 6 | Getting support – mentoring and networking  |  |
| 7 | Finding your way round the job market |  |