

Staff Training and Development Unit

Introducing 'Lite-Bites' lunchtime learning

Your learning and career development

When was the last time you spent time reviewing your personal, professional and career development?

You can do this during a series of three lunchtime learning sessions organised by the Staff Training and Development Unit. During these sessions you will be provided with options, tools and time to review and plan for your development.

In session one we will discuss your long-term career development and career anchors. Session two will focus on identifying your development needs to help you plan and look at what types of learning work best for you. Lastly, we will run a development surgery where you will be able to drop-in and discuss and plan for your future development.

Please be sure to register as a light lunch will be provided at 1pm.

Session 1: Your Career Development

27 September 12.00-1.00pm, Senate Room

- Introduction and intended outcomes
- 5 step model of career development
- Career anchors
- Template

Session 2: Your learning

18 October 12.00-2.00pm, Peter Froggatt Centre, Room 03/017, Flexible Teaching Space

- What is your long-term goal?
- Identifying your needs
- Learning styles
- Review your own style, what works for you?
- Plan for short and long term development.

Session 3: Development Surgery

9 November, 12.00-2.00pm, Training Room B, Staff Training and Development Unit, 7 Lennoxvale

Face-to face consultation with a training officer to discuss your development planning.

Registration

To book a place on above courses log onto Queens Online - www.qub.ac.uk/qol - then select Training Courses from the list on the left of the page or contact the Staff Training and Development Unit on 6590/6601 or training@qub.ac.uk. When searching for the course on the online registration system please search for **Your learning and career development**.

Please note, as the sessions are designed as a single programme you will be registered to attend all three sessions. We look forward to seeing you there.