

THE LINCOLN AWARD

+ PLUS +

Strengths Profile

1.5 hours

Complete an online assessment that gives you a unique Strengths Profile revealing your realised and unrealised strengths, learned behaviours, and weaknesses.

Attend a follow-up workshop to support you to explore your results and plan for the future.

Personal Development

Complete Strengths Profile reflection activity to help define career aspirations and develop resilience

Attend How to manage stress and develop resilience workshop

2 hours

Online Learning

Complete 3 hours of online learning to upskill in the areas most relevant to you and your career plans

You can find examples of where to start by visiting our Online Learning page on our website

3 hours

Career Ready

Attend How to articulate your skills to employers workshop

Practise your interview technique using our online interview tool

Attend How to present in the workplace workshop

3 hours

Assessment Presentation and Reflection

30 minutes

A **1:1 session** to support you to reflect on and present your learning.