

**PROGRAM: "Career Awareness in the Era of Digitalization"**

**Location: Ambassador Hotel, Malta** (breakfast included)

**Dates: 14-20.10.2024 (+ 2 travel days)**

<b>Date &amp; Time</b>	<b>Activities</b>
<b>Day 1: 14.10.24</b>	<b>10:00 - 13:00</b> Introduction to the program. Assessment of self-esteem and self-value.
<b>Day 2: 15.10.24</b>	<b>10:00 - 13:00</b> Emotional management and mindfulness. ART practices <b>17:00 - 19:00</b> "Self-discovery" - outdoor activity
<b>Day 3: 16.10.24</b>	<b>10:00 - 13:00</b> Competencies 2035: Understanding various competency models and their application in careers. Sustainability. "Green thinking."
<b>Day 4: 17.10.24</b>	<b>11:00</b> Visit to the historical center of Valletta. Outdoor activity
<b>Day 5: 18.10.24</b>	<b>10:00 - 14:00</b> Trends in the labor market. My opportunities in the labor market. Self-presentation. Using AI for personal development.
<b>Day 6: 19.10.24</b>	<b>16:00 - 20:00</b> Film therapy. Exploring limiting beliefs, affirmations, and finding inner resources and support.
<b>Day 7: 20.10.24</b>	<b>10:00 - 12:00</b> Feedback and reflection. Summary, discussing the learning outcomes. <b>18:00 - 22:00</b> Farewell dinner