

PROGRAM: “Career Awareness in the Era of Digitalization”

Location: Ambassador Hotel, Malta (breakfast included)

Dates: 14-20.10.2024 (+ 2 travel days)

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