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## Build Your Own Rainbow: A Workbook for Career and Life Management (5th edition)

By Barrie Hopson, Mike Scally

Management Books 2000 Ltd, 2000. Paperback. Book Condition: new. BRAND NEW, Build Your Own Rainbow: A Workbook for Career and Life Management (5th edition), Barrie Hopson, Mike Scally, This book consists of a number of exercises designed to help you to analyse and develop your personal skills, aptitudes and ambitions. It provides the key to a number of essential career development skills, including: Knowing Yourself; Learning from Experience; Research Skills; Setting Objectives and Making Action Plans; Making Decisions; Looking after Yourself; and, Communicating. In carrying out the exercises in this book you will discover what is important to you about your work, your interests, your transferable skills, and your most comfortable career pattern. You will be helped to set personal and career objectives and make action plans to take greater charge of yourself and your life. Using a new system for classifying jobs and courses devised specifically for this book, your own personal profile can be checked against jobs, education and training opportunities and leisure pursuits to help widen your range of possibilities.

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