

Programme Modules Overview (UPLIFT Framework)

Module	How Long	What We Will Cover	Impact / Outcomes	Activities	Module Price
1. Self-Awareness & Mindset <i>(Understand)</i>	50 mins	Strengths, values, behaviours, mindset	Increased self-awareness, confidence, clarity	Self-reflection, strengths assessment	£35
2. World of Work <i>(Understand)</i>	60 mins	Career pathways, employer expectations, transferable skills	Better understanding of opportunities, workplace awareness	Career exploration, skills mapping	£35
3. Career Direction <i>(Purpose)</i>	50 mins	Career goals, aspirations, “dream job”	Clear direction, increased motivation	Vision setting, SMART goals	£35
4. Career Plan <i>(Purpose)</i>	45 mins	Action planning, goal breakdown, overcoming barriers	Structured plan, clear next steps	Career roadmap, problem-solving	£35
5. CV & Personal Branding <i>(Leverage)</i>	50 mins	CV writing, strengths, personal brand	Professional CV, stronger self-presentation	CV workshop, personal pitch	£35
6. Communication & Confidence <i>(Leverage)</i>	50 mins	Communication skills, body language, confidence	Improved confidence, better first impressions	Role-play, confidence exercises	£35
7. Applications & Interviews <i>(Implement)</i>	50 mins	Job search, applications, interview techniques	Job readiness, improved performance	Application practice, interview prep	£35
8. Mock Interviews <i>(Implement)</i>	50 mins	Interview scenarios, feedback, improvement	Increased confidence, refined performance	Mock interviews, feedback sessions	£35
9. Resilience & Focus <i>(Focus)</i>	50 mins	Handling rejection, motivation, consistency	Stronger resilience, discipline	Action planning, resilience strategies	£35
10. Workplace Transition <i>(Transform)</i>	50 mins	First 90 days, workplace behaviour, growth mindset	Work readiness, long-term success	Reflection, readiness checklist	£35
Total					£350