

## Listening to and understanding others

Each pdp programme is tailored to the specific needs of individuals or groups to optimally support mastering the professional challenges. Our career advice is based on a tried and tested method that includes a four-step approach. The method targets everyone who wants to actively shape their career and reorient themselves professionally.



## Find out more about our career advice: Our programmes

### Integral programme

Each integral programme is tailored to individual needs. The duration of a programme is agreed after the needs have been clarified and when the contract is signed.

We offer individual and group programmes. The sequence of both programmes is modular.

### Single programme

The individual programmes are aimed at people who are planning a new step in their career. The different pro-grammes last between three to nine months but can also be shorter in duration (six weeks). Each programme is tailored to the individual.

## Group programme

The group programmes consist of four half-day modules and 4 individual sessions. Each module is designed to be interactive to ensure the active participation of all participants in the group. The modules of our group programmes consist of the following elements:

1. Personal positioning
2. Application dossier
3. Labour market: Search strategy and networks
4. Conversation techniques

The individual sessions offer the opportunity to look at specific aspects that arise from the situation confidentially. These sessions also provide time to discuss and deepen specific elements such as the curriculum vitae, networking techniques, job interview techniques, etc. in more detail, on an individual basis.

## Programme for couples

Our programme for couples is aimed at people whose partner has found a job and who would like to get to know the Swiss market. This programme generally lasts between six weeks and three months and offers a wide range of advice and support.

## Self-employment

Our “Self-employment” programme is aimed at those who want to start their own business and develop it further. The programme is based on three tailor-made modules that address the most important success factors of a company. Each module is led by an expert in the respective field and can be taken independently of the others.