



SESSION PLAN FOR TRAINER

Updated as of 25 June 2021

**Barclays Summer Academy**  
**Topic 1: Career Exploration and Commitment**

**HIGH LEVEL DETAILS**

- Duration: 30 – 40 min
- Language: English
- Format: Sharing and Q&A

**SESSION OBJECTIVES**

- To help students explore their strengths
- To help students get to know what types of jobs are in the market
- To help students clarify goals and explore future options ultimately
- To help students understand the importance of commitment in job hunting and at work

**AGENDA**

- 5 min: Self Intro & Ice Breaking
- 5 min: Interest & Strengths
- 5 min
- 5 min: Trainer's Self-Journey
- 7 min: Explore Goals and Next Steps
- 3 min: Wrap-up

**SUGGESTED TALKING POINTS**

**Self-Intro & Ice-Breaking**

*Through this exercise, students can understand the different roles they are playing in the family, society.*

Trainer is suggested to:

- Make use of **"I am..." model** to do self-intro (e.g. name, job title/company, study, family, style, personality, etc)
    - "I am + noun / adjective"
    - "I am Matthew YU. I'm a project manager at The Zubin Foundation. I'm the elder son. I'm ..."
  - Invite students to introduce using "I am..." model
- Trainer can follow up and ask questions around the different roles and attributes.

**Interest & Strengths**

Trainer is suggested to:

- Ask student to share 1) their interest areas in life, 2) strengths, 3) achievements in school and beyond school, and 4) weaknesses
- Invite student to share 1 example about the attribute
- Highlight the different attributes mentioned by students

**Commitment in Job Hunting and Work**

Trainer is suggested to:

- Invite student to react to the following scenarios about commitment: a) how colleagues/clients will react if one is late for meeting/interview; b) how to turn down an interview/an offer; c) how a person is seen who is changing job every year
- Share the importance of commitment and respect in job hunting and at workplace
- Share experience of negative consequences you have seen for those with no commitment and respect to time

**Trainer's Self-Journey**

Trainer is suggested to:

- Share your journey in life briefly (e.g. study path, career path, family-work integration, resources sought before etc)
- Look for points/situations/difficulties that resonate with the examples mentioned by student
- Invite student to ask follow up questions

**Explore Goals & Next Steps**

Trainer is suggested to:

- Review with student if there are any goals (short term, long term) in career / in study
- Highlight how the students' interest areas/strengths can be a great assets to the goal(s)
- Remind students of some other skills required while pursuing the goal(s)
- Quickly brainstorm what the immediate next steps are to bridge the gap / enhance self

**Wrap Up**

Trainer is suggested to:

- Wrap up and highlight the strengths, shining attributes, potentials from student
- End with a positive note and motivation

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