



Co-funded by the
Erasmus+ Programme
of the European Union



PROFESSIONAL PLAN FOR CAREER IMPLEMENTATION AND SELF PROMOTION

ERASMUS+ PROJECT - STRATEGIC PARTNERSHIP FOR THE
EXCHANGE OF GOOD PRACTICES IN ADULT EDUCATION
PROMOTING DEVELOPMENT, ASSESSMENT AND
RECOGNITION OF ADULTS' NON-FORMAL AND
INFORMAL COMPETENCES
(2019-1-IT02-KA204-062660)

PROFESSIONAL PLAN FOR CAREER IMPLEMENTATION AND SELF PROMOTION

This model of professional plan was created, adapted and shared by the partner organizations and experimented with the target groups in the frame of **“ProComp - Promoting Development, Assessment and Recognition of Adults' Non-formal and Informal Competences”** (2019-1-IT02-KA204-062660), co-funded by the Erasmus+ Programme of the European Union and coordinated by Travelogue Associazione di promozione sociale (Marsciano, Italy).

For further information, visit the website: <https://www.procompetences.eu/>.

Partner organisations:

- Travelogue Associazione di promozione sociale (Marsciano, Italy)
- Asociación Iniciativa Internacional Joven (Malaga, Spain)
- Associazione Vita Indipendente Umbria APS (Terni, Italy)
- Epralima – Escola Profissional Do Alto Lima (Arcos de Valdevez, Portugal)
- IMF - Institut Méditerranéen de Formation et Recherche en Travail Social (Marseille, France)

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

LIFE PROJECT

1. What do you think of your current personal and employment situation?

2. Set medium and long-term life goals.

2.1. Think about your Life Project, in personal terms and consider educational qualifications and/or future employment, what job do you think you will have in:

December 2021 (or within 12 months)	
December 2026	
December 2031	

3. Define the measures you want to apply to achieve your objectives



4. Define the measures you want to apply to achieve your objectives

Favourable	Unfavourable
Strengths:	Weaknesses:
Opportunities:	Threats:

5. What steps will you have to take?

6. What obstacles will you have to overcome and how?



INDIVIDUAL CAREER PROJECT¹

Definition of the Career Project (Indicate your personal and/or work-related interest: future objective)

Think about your goals, for example: I intend to acquire vocational training in the field of quality.

Reasons and Motives for choosing the Career Project (What led you to make this choice?)

Justify why?

Example: To perform the tasks associated with my job option, I believe that it is necessary to update my knowledge and acquire other skills that will help me to be an excellent professional.

Ways of Implementing the Career Project (What do you have to do to achieve your objective?)

Examples:

Search for vocational training

Improve my educational qualifications (...)

Identification of constraints and strategies to overcome the constraints (What can help or hinder the progress and achievement of your objective?)

Examples:

Inability to manage personal life and work schedule;

Lack of time Inability to find the required Vocational Training (...)

Elaborate a timetable for the implementation of the project (What is your set goal?)

Define a goal to achieve the objective, for example: in March 2020 I intend to have acquired more knowledge and skills at a professional level, through vocational training

¹ Source: ANQEP, Portugal





Co-funded by the
Erasmus+ Programme
of the European Union



THE PARTNERSHIP:



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.