



THE INSIDER

- Self driven learning with support!

DO IT ANY TIME, ANY PLACE, ANY WHERE. DO AT YOUR OWN PACE.

You can access this course, watch the videos, do the work wherever and whenever you need which means it is completely flexible to fit round your work and family commitments.






YOU GET ...

8 hours of Videos and 9 Workbooks







1. Welcome to the Rise and Shine Programme

-  How the programme works






2. Your goal setting

-  Workbook: Goal setting
-  Setting outcomes
-  Career story mapping
-  Personal Branding Diagnostic
-  Goal setting







3. Setting your career direction (foundations of your brand)

-  Workbook: Foundations of your brand
-  Welcome to career foundations
-  Identifying your values
-  Defining your beliefs
-  Finding your purpose
-  Creating your vision





4. Personal Brand

-  Workbook: Personal brand
-  Workbook: Designing your dream job
-  Understanding personal brand
-  Defining your personal brand
-  Building your personal brand







5. Marketing tools

-  Workbook: Self marketing tools
-  Welcome to self marketing
-  Writing a great CV/ Resumé
-  Getting your LinkedIn profile right
-  Crafting your Elevator Pitch
-  Writing your bio

6. Profile Building Strategy

-  Workbook: Profile building strategy
-  Welcome to profile building
-  Building your profile internally
-  Building your profile externally

7. Networking Strategy

-  Workbook: Networking strategy
-  Introduction to effective networking
-  Relationship building
-  Building your internal network
-  Building your external network
-  Strategies and tips

VALUE: £795

Bonus 1 - Rise and Shine at Interview; my highly-acclaimed programme for preparing you to excel at interview. This is what you need to be your best self and nail that interview!

8. Rise and Shine at Interview

📖 Workbooks: Rise and Shine at Interview Part 1,2&3

🎥 Getting your job application right

🎥 Mapping your career story

🎥 Understanding the job you're applying for

🎥 CV basics

🎥 CV general tips

🎥 CV general tips

🎥 CV skills traits and experience

🎥 CV writing your profile

🎥 Interview prep – job discovery

🎥 Interview prep – STARRT examples

🎥 Interview prep – rehearsal

🎥 Interview performance – confidence techniques

VALUE: £97

Bonus 2 – Level up your influence and communication; learn how to master the art of easy and authentic influence and communication. Clients regularly describe this as their favourite and most impactful module:

📖 Workbook: Communication and Influence

🎥 Communication and influence fundamentals

🎥 Understanding other's values and traits

🎥 Influencing principles

🎥 Language for influence

🎥 Tools for influence

VALUE: £97

Facebook support group to interact with other Rise and Shiners and keep you on track, hold you accountable, share your successes. Why do this on your own when you can make a whole heap of new work besties all working on their careers. When women support each other amazing things happen and my Shinies are some of the best people you could have around you!

VALUE: £250

And there's more....

Weekly Q&A to get answers to your career queries via a targeted Facebook Live in the Facebook support group. All you need to do is #AskSinead to get support with your unique career challenges in FB group. Why sit wondering how to deal with an issue in your career – from an important meeting to how do I use this influence tool to help me in my situation – when you can get the answers you need?! We have a weekly Facebook live and a #AskSinead thread to make sure we've got you covered.

VALUE: £250

Lifetime access to the materials...this isn't a one-shot deal. This programme is totally strategic so you can redo it every time you need that extra boost, or want to go another step further. My clients reuse it regularly and they keep moving on. The promotions and recognition will keep on rolling in.

VALUE: Priceless!

Investment

a one-off payment of **£795** or 3 payments of **£225**

[READY TO SIGN UP? CLICK HERE](#)

