

Internet Links for Windmills Exercises

If you are keen to access some generic activities to support your career development then please have a look at the Windmills website.

<http://www.windmillsonline.co.uk/interactive/>

Windmills is a career and life management development tool which although generic can help you to discover more about yourself and help you plan for a successful career.

There will be a number of face-to-face Windmills sessions delivered by the Windmills team throughout the year. Do check on the Mersey Deanery Website to see when and where your nearest session will be taking place. If you cannot attend these and ever wonder what sort of activities a workshop involved then have a look at the links below.

Please note that for some of the activities the focus is more around work/life and wider than 'careers'.

Online Activities

Motivation - Animal Characters

What's the main thing stopping you getting what you want in life? It could well be you yourself. There are two versions on the website – for attitude, belief and commitment visit

http://www.windmillsonline.co.uk/interactive/section_2/subsection_1/page1.html

For pure career issues visit <http://www.windmillsprogramme.co.uk/frames.asp> (look at what career animal you are in tactic 5)

Skills – what skills do you enjoy using?

What skills do you enjoy using at work? Do you know? If you can think about these particular skills then it might help you chose a specialty that suits

http://www.windmillsonline.co.uk/interactive/section_1/subsection_2/page1.html

Or alternatively visit <http://www.windmillsprogramme.co.uk/frames.asp> and look at tactic 1 'Focusing on your skills'

What do I want from a job?

What do I value, what are your motivations – this exercise can help you focus?

http://www.windmillsonline.co.uk/interactive/section_1/subsection_4/page1.html

Also available in tactic 2 - <http://www.windmillsprogramme.co.uk/frames.asp>

Working, Learning, Playing & Giving

Do you have a good health life/work balance this exercise can help you think about this and give you strategies to change.

http://www.windmillsonline.co.uk/interactive/section_1/subsection_1/page1.html

Golden Ticket – what sort of future do you want?

Where do you want to be in your career in 5 or 10 years – this exercise can help you focus.

http://www.windmillsonline.co.uk/interactive/section_2/subsection_2/page1.html

Walls & Windmills – what obstacles may get in the way of your career management?

Are there any issues that may affect your career planning i.e. family or disability issues or the fact that you only want to work in a particular geographical area.

http://www.windmillsonline.co.uk/interactive/section_2/subsection_4/page1.html

Who to network with & how?

Networking can be important in career development it will allow you to find people who can give you advice and support about your career.

Who can help me?

http://www.windmillsonline.co.uk/interactive/section_3/subsection_2/page1.html

Information Interviews

Important activity if you want to find out more about different specialties – this gives you the sorts of questions you might ask the doctor about their role.

http://www.windmillsonline.co.uk/interactive/section_2/subsection_3/page2.html

August 2015